

Help Sheet

0 – 25 Specialist Teaching Support Service

Life Ladders

Why?

A Life Ladder provides pupils with a way to express their views and aspirations and is an effective way to capture pupil voice.

Life ladders can be impactful for young people with SEND because:

- it is personal to them.
- it is visual and serves as a reminder of what they want to achieve.
- success is recorded and used as a reminder of positive experiences for reflection.

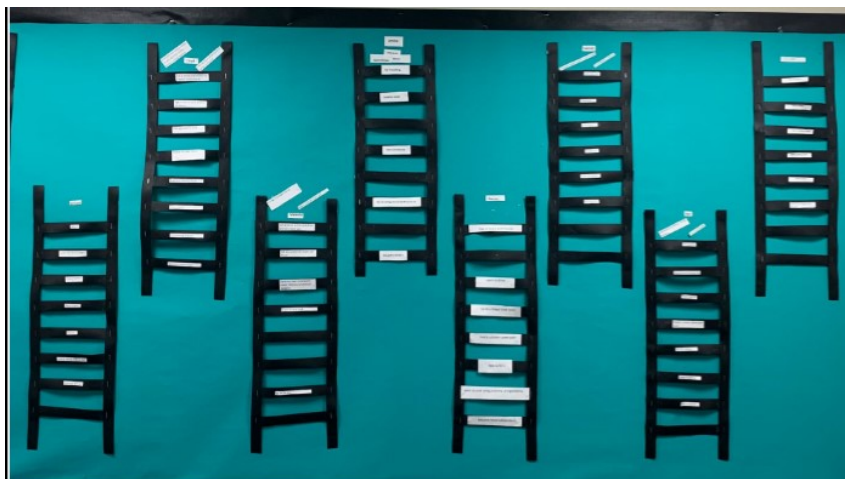
Life ladders link to the following Bradford outcomes for young people with SEND:

- I feel valued, included and accepted.
- My voice is heard and I have control of my life.

How to

- Create a wall display or a portable Life Ladder. Ladders should have between 5-8 rungs.
- Show an example of a completed Life Ladder so the young person can see a finished version.
- Take time to sit with the young person to discuss their aspirations.

Some pupils may be quite specific about what their aspirations are, others may need some support and guidance through research to determine their goal.



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- For shorter term goals, it is imperative to have a good knowledge of the young person; this will allow you to tune into what motivates them so you can provide some examples.
- Remember the Life Ladder should portray the student's own goals and ambitions.
- It's fine to revisit the activity to complete or review goals. It may take a number of sessions to complete.
- Once identified, add each goal to the ladder.

Things to Note

- The Life Ladder can be expanded by creating an achievement book to evidence the progress towards each goal. The achievement book can be used as a positive memory bank to support young people when they are having a difficult day. You can remind them and show them all the positives things they have achieved.

****'s Life Ladder:

For example:

Live by myself

Drive a car

Work with animals

Go to an after school club

Organise my bag

Go on a school trip

Go to assembly

An example of a completed Life Ladder:

Target: Go to form by myself

30/11/2021 – walked past my form room.

04/12/2021 – met my form tutor.

And so on, building up to the target

Evidence base – based on:

The National Autistic society : Person Centred Planning (PCP)