

I'm Wondering...



What is a ILP-Individual learning plan?

You might be wondering what is a ILP- Individual learning plan?

An ILP stands for Individual Learning Plan.

It is a plan adults make to help you learn in the way that works best for you. Everyone's brain learns differently, some children learn best by listening, moving, seeing things written down or having instructions broken into smaller steps.

An ILP helps teachers understand:

- How you learn best
- What feels tricky right now
- What supports make learning easier
- What goals you are working towards

It is a support plan.

What it is not?

- It is not a label.
- It is not a punishment.
- It is not a sign that you are not smart.

Needing support with learning does not mean there is something wrong with you

Here's one way to think about it:

An ILP is like a learning map.

It helps teachers understand:

- What you're good at
- What feels tricky
- What support helps
- What goals you are working toward

Everyone learns differently. An ILP helps adults adjust — not judge.

One thing to remember:

A ILP is about support, not control. You are not bad or broken for having one.

How some children might feel?

- Embarrassing
- Frustrating
- Helpful
- Unfair
- Relieving
- Different at different times

All of these feelings are allowed.

For adults supporting this child

- Explain ILP's as adult responsibility tools.
- Avoid using the plan as a threat or consequence.
- Review the plan with the child when they are calm, not dysregulated

Some things an ILP might include:

An ILP might talk about:

- Reading, writing, or maths goals
- Help with concentration or organisation
- Extra support in class
- Breaks or adjustments
- Strengths and interests

Not all learning plans look the same.

If you want to...

- If you want to know what is written in your ILP, you can ask.
- If something doesn't feel helpful, you can say that.
- If you want adults to understand how you learn best, you can share that.
- If you don't want to talk about it right now, that's okay.