Co-design with students

Discuss with students ways to reduce anxiety by building structure and predictability into the following situations:

- working in large, open spaces
- lining up in cramped spaces
- speaking in front of the class
- group work
- changing layout of furniture
- changing layout of rooms and spaces
- changes to routine
- lots of choices
- unable to see, read, or hear information
- loud noise levels
- bright lights and glare
- moving around the school with large numbers of people at once
- hot desking (no fixed desk).

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