Teach how to use supports and options effectively

Provide students with the tools, options, and supports they need to develop self management skills.

Ensure all students know what's available and how to use resources effectively.

Explore more **ideas to support self-management** in the UDL guide.

- Task instructions that they refer back to at any time.
- Visual breakdown of the steps needed to complete a task.
- Agreed signal for getting support from the teacher.
- Access to workspace options that support attention, concentration, and collaboration.
- Access to a quiet space to calm down, pause, or recharge.
- Access to learning tools that support planning and thinking (for example, graphic organisers).
- Access to spare pens, pencils, paper.
- Access to power outlets to charge devices.
- Access to curated toolbox of online tools including links to text-to-speech tools, glossaries, graphic organisers, essay sentence starters.