

# Support unstructured time

Unstructured times, such as lunchtimes, can create stress for some students.

Consider:

- having a small choice of organised activities for students to participate in at break times
- providing buddies to model and mediate (if necessary) interactions during break times
- ensuring that students know where to go to find the duty teacher or peer mediators when they are concerned or need some help
- how to make all staff aware of the support individual students may need and how to provide it most effectively
- outlining the school boundaries and the school rules regularly
- providing alternative break times for junior and senior syndicates in larger schools.

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