

Prepare students for change

Create systems to prepare students for change ahead of time, and relieve anxiety.

Every morning I make up my daily schedule. If there is going to be a change, the teacher comes over and tells me about it. We then put my special change symbol above that activity so I don't become anxious when we do maths instead of running at that time.

When there is something that happens without much warning, a friend comes over and talks to me. Together we put my change symbol over the old activity and the new activity under it.

Student

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.
