Provide a predictable environment

Create predictable routines to reduce anxiety and allow students to manage themselves independently.

- Use personalised and class timetables
- Clarify expectations and teach appropriate behaviours
- Signal upcoming transitions
- Talk through last minute changes that may be startling to students
- Use task boards to break large tasks into components
- Develop strategies for times of anxiety
- Share key information across the school for example with staff, leaders and relief teachers.

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