

Reduce stress at circle or listening time

Teachers need to consider the amount of time, and why, they are expecting students to sit still, be quiet, and listen.

This does not come easily for many children, including older students, and can trigger behaviour that interrupts learning.

Consider making available:

- an inflatable cushion that allows students to wiggle a bit while remaining seated on a chair or the floor
- hand fidgets that keep hands busy and out of trouble
- a time timer which can help students “keep it together” by giving them a visual cue about how much longer they are expected to be quiet or focus on a given task
- a weighted lap pad or weighted vest or blanket to provide calming sensory input as well as a physical cue to stay in place.

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