

Effects of fatigue

Children and young people may present a range of behaviours related to fatigue. These include:

- ✓ yawning, listless, passive or withdrawn
- ✓ drifting off task, “switching off”, distracted
- ✓ poorer memory than usual
- ✓ increased emotional or disruptive behaviour
- ✓ slower performance on tasks
- ✓ headaches or other pains
- ✓ increased sensitivity to certain foods, noise, smells, textures, and sounds
- ✓ emotional responses (such as frequently out of seat, clapping hands, standing up, making noises), triggered by sensory overload or crowded environments
- ✓ not liking to be touched, choosy about clothing, always touching other people or things
- ✓ swinging, climbing, running, and crashing into things
- ✓ clumsy, uncoordinated movement, slow or erratic drawing or writing
- ✓ difficulties with cutting, drawing, dressing, or feeding.

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