

# Develop a return to learning plan

A return to learning plan has 3 components.

## 1. Stepped progression

A typical [Return to Learning Plan](#) usually:

- starts with a couple of days at home
- progresses to partial days at school
- works up to full days at school.

Be aware that anything that taxes the brain, including reading, texting, using computers or mobile devices, and listening to audio recordings or music, can negatively affect recovery.

## 2. Personal adjustments

Make adjustments like limiting homework, having a classmate take notes, or finding a darker, quieter spot for the child or young person to play, work, or rest. (See suggested accommodations in [Academic adjustments following concussion](#))

## 3. Whole-class approaches

Identify adjustments that can be embedded in the usual centre or classroom routine, rather than singling out the child or young person. These will often be valuable for others as well.

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