

# Useful teaching approaches

Set up an appropriate learning environment and select teaching approaches that support the recovery of a child or young person with a concussion.

Seek feedback on what's helpful.

Adjust as needed.

- ✓ Provide the learner with access to a comfortable indoor or outdoor space to take a complete break or have a sleep.
- ✓ Give the learner the choice to work where they are most comfortable.
- ✓ Provide access to food and drink throughout the day.
- ✓ Provide spaces to play or study free from additional stimulation (sound, movement, bright light, clutter or a number of objects on desk).
- ✓ Provide opportunities to transition classes or activities early to avoid crowded spaces.
- ✓ Timetable the most important learning tasks at the times when the learner has the most energy.
- ✓ Include a mix of non-academic subjects and a focus on cognitive strengths.
- ✓ Reduce or modify workload expectations.
- ✓ Allow additional time to complete activities and assignments.
- ✓ Excuse the learner from less important activities.
- ✓ Give time to talk. Children and young people are often distressed and frustrated by their inability to perform.

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