

# Useful teaching strategies

Select teaching strategies to support the recovery of a child or young person with a concussion.

Seek feedback on what's helpful.

Adjust as needed.

- ✓ Maintain an organised, uncluttered, and calm learning environment.
- ✓ Create predictable and consistent routines.
- ✓ Prepare for and give reminders of upcoming transitions or changes in routine.
- ✓ Allow wait time for processing what is being said and to allow children and young people to form their own responses.
- ✓ Cue that what you are about to say is important.
- ✓ Teach children and young people to advocate and ask for clarification.
- ✓ Discuss and practise what is expected prior to events.
- ✓ Build awareness of how words and behaviours affect others.
- ✓ Teach thought-stopping, relaxation, or coping strategies, such as taking deep breaths, calming self-talk, and leaving the situation until calm.
- ✓ Incorporate breaks from the setting to regroup, calm, and rest.

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