

Schedule breaks in your timetable

Build flexibility and supports into the classroom environment.

- ✓ Provide physical activity breaks throughout the day to increase engagement.
- ✓ Break up longer tasks with short relaxation breaks to give students opportunities to recharge and refocus.
- ✓ Timetable sitting still activities before morning tea and lunch breaks where students have been active.
- ✓ Include a Swiss ball or mini-tramp in the classroom environment. Movement assists concentration and can release tension.
- ✓ Regularly timetable activities that promote relaxation, such as singing.

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