

Support students in the playground

A suggestion for implementing the strategy
'Support and strengthen peer relationships'
from the Guide: [Positive peer relationships](#)

-
- Includes:**
- Support recreational activities
 - Support unstructured time
 - Create quiet spaces
 - Develop buddy systems
 - Consider the environment
 - Useful resources

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Strategy: [Support and strengthen peer relationships](#)

Suggestion: [Support students in the playground](#)

Date

13 October 2021

Link

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Support recreational activities



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Support unstructured time

Unstructured times, such as lunchtimes, can create stress for some students.

Consider:

- ✓ having a small choice of organised activities for students to participate in at break times
- ✓ providing buddies to model and mediate (if necessary) interactions during break times
- ✓ ensuring that students know where to go to find the duty teacher or peer mediators when they are concerned or need some help
- ✓ how to make all staff aware of the support individual students may need and how to provide it most effectively
- ✓ outlining the school boundaries and the school rules regularly
- ✓ providing alternative break times for junior and senior syndicates in larger schools.

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Create quiet spaces



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Develop buddy systems



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Consider the environment

Work with students to identify adaptations that can be made to enable everyone to participate.

Sensory integration – include students with sensitivity to bright light and loud noises by:

- lowering the volume when using music
- using soundproof headphones in the gym or hall
- using sunglasses for outdoor activities in bright sunlight
- turning off some lights and relying more on natural lighting or using LED light bulbs.

Accessibility – hard surfaces such as concrete may be dangerous for individuals with dyspraxia, and softer surfaces such as wood chips make it difficult to manoeuvre a wheelchair

- use appropriate surface, such as gym or hall, rather than concrete
- use outdoor mats
- adapt games and activities so all can participate, for example, play a game such as [sitting volleyball](#) or [scooter soccer](#).

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Useful resources



Recess for your child with special needs: 7 challenges and solutions

Read time: 6 min

Publisher: Friendship Circle Special Needs Resource Blog

[Visit website](#)

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