

# Establish help signals

A help signal system can reduce off task behaviours and frustration at feeling stuck.

A help signal enables a student to give an unobtrusive signal when they need help. Whilst a student waits for assistance they can select either a calming strategy or alternative work.

It is important to develop the system with your students and establish agreed signals, waiting behaviours, and teacher responses.

## Possible signal options:

- colour-coded cup
- an agreed object that usually lies on the desk that can be stood up
- green/red sided card
- traffic light slider
- student writes name on “I need assistance” board

This system can also be used to support individual students rather than taking a whole class approach.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

---

