

Support self-regulation

Some learners require extra supports to self regulate and stay focused.

Consider making available:

- an inflatable cushion that allows students to wiggle a bit while remaining seated on a chair or the floor
- hand fidgets that keep hands busy and out of trouble
- a time timer which can help students “keep it together” by giving them a visual cue about how much longer they are expected to be quiet or focus on a given task
- a weighted lap pad or weighted vest or blanket to provide calming sensory input as well as a physical cue to stay in place.

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