

Inclusive Education

From

Guide: [Supporting learners with acquired brain injury](#)

Strategy: [Concussion: Support a return to learning and activity](#)

Suggestion: [Provide social and emotional support](#)

Date

28 June 2019

Link

www.inclusive.tki.org.nz/guides/brain-injury/provide-social-and-emotional-support

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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