Structure and consistent routines

Structure helps ease the stress created by constant change.

A consistent routine supports independence and reduces anxiety and stress.

Creating structure in the classroom

- FASD students rely on structure and predictability in our classroom
- Teaching routines for the "everyday" type activities supports structure
- Provide advance warnings for changes to schedule



Video hosted on Youtube http://youtu.be/NR-_GTm5MA8

No captions or transcript

Source: WrAP Schools (Canada) https://www.youtube.com/channel/UChuAycUoRt_HkcbdXnKiV_Q

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