

Inclusive Education

From

Guide: [Fetal alcohol spectrum disorder and learning](#)

Strategy: [Support self-regulation and positive behaviour](#)

Suggestion: [Support sensory integration](#)

Date

21 January 2019

Link

www.inclusive.tki.org.nz/guides/fetal-alcohol-spectrum-disorder-and-learning/support-sensory-integration

Timetable adjustments

Build flexibility and supports into the classroom environment.

- ▲▲ Provide physical activity breaks throughout the day to increase engagement.
- ▲▲ Break up longer tasks with short relaxation breaks to give students opportunities to recharge and refocus.
- ▲▲ Timetable sitting still activities before morning tea and lunch breaks where students have been active.
- ▲▲ Include a Swiss ball or mini-tramp in the classroom environment. Movement assists concentration and can release tension.
- ▲▲ Regularly timetable activities that promote relaxation, such as singing.

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.
