

Provide a range of sensory supports

Involve students in planning the supports they need. Include students with ASD, FASD, Down syndrome.

- ✓ Include sensory supports such as blankets, familiar objects, music, or soothing sounds.
- ✓ Support clear routines and systems using visual timetables.
- ✓ Present instructions in more than one way.
- ✓ Label key areas of the environment with visuals and text.
- ✓ Use charts, visual calendars, colour-coded schedules, visible timers, and visual cues to increase predictability of regular activities, and transitions between environments and activities.
- ✓ Offer ear protection or noise-cancelling headphones.
- ✓ Use flexible timetabling to break up tasks.
- ✓ Make calming spaces available to students when they are overwhelmed by sensory stimuli. Support students in how to use these spaces.

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