

# Consider student perspectives

The ways classrooms are organised and managed can create anxiety for some students.

Discuss possible triggers for anxiety with students and identify ways to reduce them:

- ✓ working in large, open spaces
- ✓ lining up in cramped spaces
- ✓ speaking in front of the class
- ✓ group work
- ✓ changing layout of furniture
- ✓ changing layout of rooms and spaces
- ✓ changes to routine
- ✓ lots of choices
- ✓ unable to see, read, or hear information
- ✓ noise levels
- ✓ bright lights and glare
- ✓ moving around the school with large numbers of people at once.
- ✓ hot seating (no fixed desk).

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