



Strategies I find helpful or I would like to try

Name		Date	
 Cognition & Learning	 Communication & Interaction	 Social, Emotional & Mental Health	 Sensory and/or Physical
Adjustments			
Alternative ways of recording e.g. voice recorder, type, film.	Clear, concise language and instructions	Cueing using my name to focus my attention	Flexible seating
Extra time to complete tasks	Explicit beginning and end of task within agreed time	Coaching approach, prompting and reminders	Reduce environmental noise
Short bursts or chunks of work	Tasks broken down into numbered steps or stages	Structured choices	Good lighting and minimise visual stress
Use of coloured tracking dots	Summary of key points	Specific role or responsibilities	Fatigue or sensory rest breaks
Longer pauses and extra thinking time	Adult explains purpose and links to learning sequence	Pre-warning about questions or activities	Planned regular movement breaks
Check-ins for understanding of task instructions	Check-ins for understanding of vocabulary	Wellbeing check-ins	Sensory audit and classroom adaptations
Modelled examples e.g. WAGOLL, worked examples	Talk partner to practise with	Praise for effort and engagement	Collaborative working opportunities
Now and Next structure	Advanced warning of change	When...then...	Adapted materials & equipment
Support & Resources			
Electronic tablet / laptop / camera / voice recorder	Social stories	Personalised visual timetable	Pencil grip / chunky pencil / ergonomic pen
Practical apparatus e.g. cubes, counters, numicon, coins	Comic strip conversations	Calm-space / safe-space	Writing board / slope / footrest
Number square, place value chart, multiplication grid	Visual cues & prompt cards	Resistance band / busy feet / wobble cushion	Headphones / ear defenders
Whiteboard / notebook / post-it notes / highlighters	Conversation starters	Standing desk	Coloured overlay / reading ruler
Sentence starters and/or key vocabulary list	Communication aid e.g. feeling fan, help card	Time-out pass	Weighted blanket or object
Phonics grids / word mats / letter prompts / alphabet strip	Own workstation or privacy screen	Timer	Concentration aid / fidget tool
Own copy of materials e.g. print out of IWB page, books	Quiet space at breaktimes and lunchtimes	Celebration book	Specialist equipment e.g. hearing loop, magnifier
Task management board or checklist	Organisation checklist e.g. for packing bag, home-time	Reward programme / chart	Toilet pass
Other successful strategies or ideas			