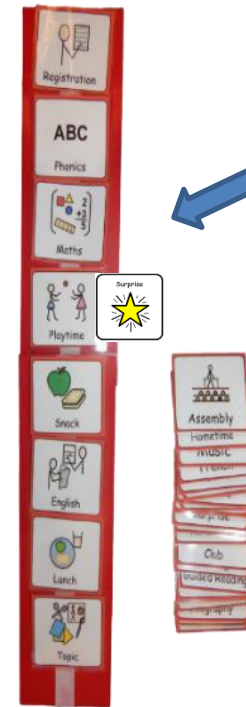


# Speech and Language Message of the Week

Children can become **anxious** when the school day changes with no warning  
**THINK AHEAD!**  
 Pre-empt which timetable changes may be difficult.

Tell the class about the changes before the day begins.  
 Use a **visual timetable** to demonstrate the new order; go through each change with them- be specific about changes



Use a surprise card when something has changed unexpectedly to acknowledge the change has happened

Make children aware of a staff change, where possible. Show the class a picture of the different member of staff and repeat their name so the children can learn it.  
 Introduce the class to the different staff member in advance, where possible.



## SUPPORTING CHILDREN THROUGH CHANGES TO ROUTINE

You may choose to use a visual social story to help children understand what will happen e.g. fire alarm test- prepare for high level of noise etc

### Encourage independence

- Support the child to be aware of the strategies they can use to calm down e.g. Zones of Regulation® strategies, Calm Zone etc.
- Support them to recognise their feelings and to be able to tell you when they want to use those strategies
- Encourage children to check back on their timetable and update it when activities have finished.

Show time changes visually, using a clock face / or linked to key daily events (lunch / snack / play-time), to support understanding.



Allow children to ask questions to help them feel prepared and included

