

THRIVE FROM DAY 1



Clear Visual Daily Schedule

- Display the day using visuals and simple language. Predictability supports regulation and reduces anxiety.

Explicitly Teach Routines and Expectations

- Model routines such as entering the room, transitions, and asking for help. Don't assume students 'just know'.

Flexible Seating Options

- Provide a range of seating choices (e.g. cushions, wobble stools, standing options) to support focus and comfort.

Calm and Safe Regulation Space

- Create a low-stimulation space with soft seating, calming visuals, and sensory tools.

Clear Communication Supports

- Use visuals, step-by-step instructions, key words, and sentence starters to reduce cognitive load.

Sensory Tools Available

- Normalise fidgets, movement breaks, and noise-reducing headphones to remove stigma.
- Offer multiple ways for students to show understanding (written, verbal, visual, movement-based, or digital).

Prioritise Relationships

- Learn names quickly, check in regularly, and recognise strengths. A sense of safety comes before learning.

Consistent Transitions and Warnings

- Use timers, countdowns, music, or visual cues to support students through changes in activities.

Celebrate Effort and Growth

- Acknowledge persistence, trying, and progress — not just final outcomes and communicate this home regularly.