



## **SPECIFIC LEARNING DIFFICULTIES ASSOCIATION OF SOUTH AUSTRALIA INCORPORATED**

**Clever Schools and Clever Homes create clever kids- best practice for supporting all students particularly those with learning difficulties**

Our tips are posted daily and include strategies for teachers and parents. They are not mutually exclusive.

### **Clever Byte #7: Attentional Problems - Byte 3: Managing recess and lunchtimes**

#### **Byte 3: Managing recess and lunchtimes**

Some students find recess and lunch times difficult. The key is to help the student understand what it is that stresses them and discuss coping strategies.

For example, they may not cope well with

- noisy, crowded places
- environments that lack routine and structure
- boredom
- too many choices
- not knowing what to do
- other children who won't do things their way

One strategy is to brainstorm activities the student likes and write each activity on a card

- The student is given two activity cards before a break that they can do without getting into strife. They report to the duty teacher when the activities have been completed and receive recognition appropriate to their age. For Primary School students a token or sticker provides evidence of success.
- Activities should include lone activities and activities that encourage socialisation
- Choice of activities should be sensitive to how the child is coping with their day