



Debby Elley Co-editor



Ten Tips for a Calm School Life



The 4 Strategies:

1. Communication

2. Structure

3. Organisation

4. Comfort

Communication



The single biggest problem
in communication is the
illusion that it has
taken place.

George Bernard Shaw

1. 'What makes a good student?'

What they may think:

- Understanding everything that's said in class
- Getting things right first time
- Getting 100% in a test
- Being interested in everything that you're taught

What it actually is:

- Asking someone when you don't understand
- Practise makes perfect – no one gets things right first time!
- Trying your best
- Listening well even when it isn't your favourite subject.

2. Your Evening Chat



When calm and relaxed



Child leads the chat



Non-judgemental or directive



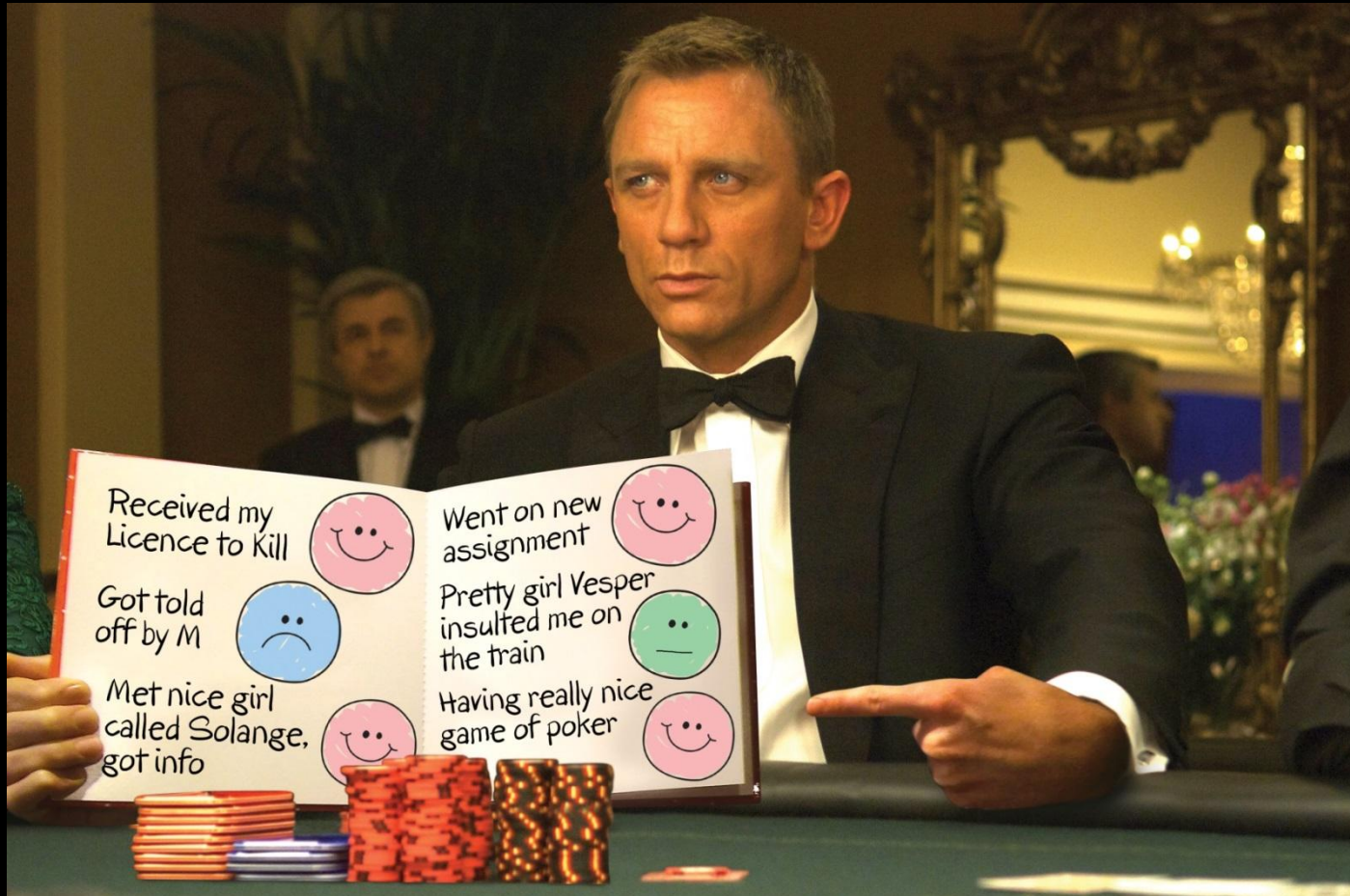
Shared problem solving



Agreed plans

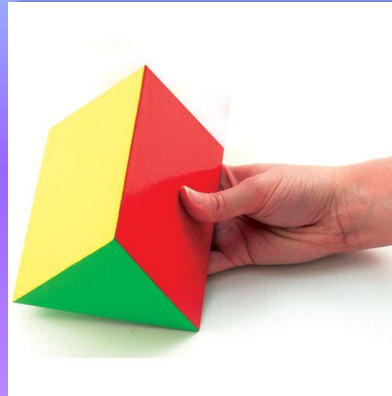


3. Putting feelings Into perspective



4. Little reminders

- Pocket reminders
- Apps like 'Brain in Hand'
- How's it going?
pyramid



5. Wider communication

BOBBY ELLEY CLASSROOM TIPS

WHAT WORKS...

	DIFFICULTY		IMMEDIATE MANAGEMENT		ONGOING MANAGEMENT
1	Staying on task		Getting Bobby to estimate how long the task might take him and helping him to break down the task into smaller, easily achievable ones. Grading each one according to difficulty. Small rewards at the end of each task and larger reward when task is completed. Bobby is currently given computer time (a set amount) for completing tasks.		Helping Bobby to become more self-sufficient in assessing each task and managing his time on it. Managing emotions so that tasks don't overwhelm him.
2	Not knowing quite what's expected; thinking perfect work is the only work that counts		We have made a chart for Bobby with the tasks he has to do today and for each, what he'd have to do in order to do it perfectly, good enough and not good enough.		Helping him to decide for himself what he thinks is good enough
3	Cannot focus on writing tasks with noise from other pupils around him: can't block out background noise if it's loud		Let Bobby work on his own when writing and come back to the group for discussions		Sitting with one other quiet child is practical, or time in unit if this can't be done. Bobby likes to have ear defenders nearby.
4	Organising own homework		Bobby's mum asks him to divide homework into tasks and assign each task an estimated amount of time and a traffic light colour according to difficulty. Bobby is not given as much homework as the others but is required to complete key tasks.		Organising own work with support will hopefully lead to greater independence
5	Staying focused on many tasks one after the other		Depends how tired he is and what mood he is in whether he can do this or not. 20 mins computer given as reward at the end of the tasks. Give him a few tasks at a time, don't overface him with a long list.		Reward task completion and focus as achievements in themselves
6	Runs out of energy when concentrating		Finds executive planning tasks draining; an apple or plain bread helps him to focus when he's concentrating		

Structure



It is the task of the
architect to give life a
gentler structure

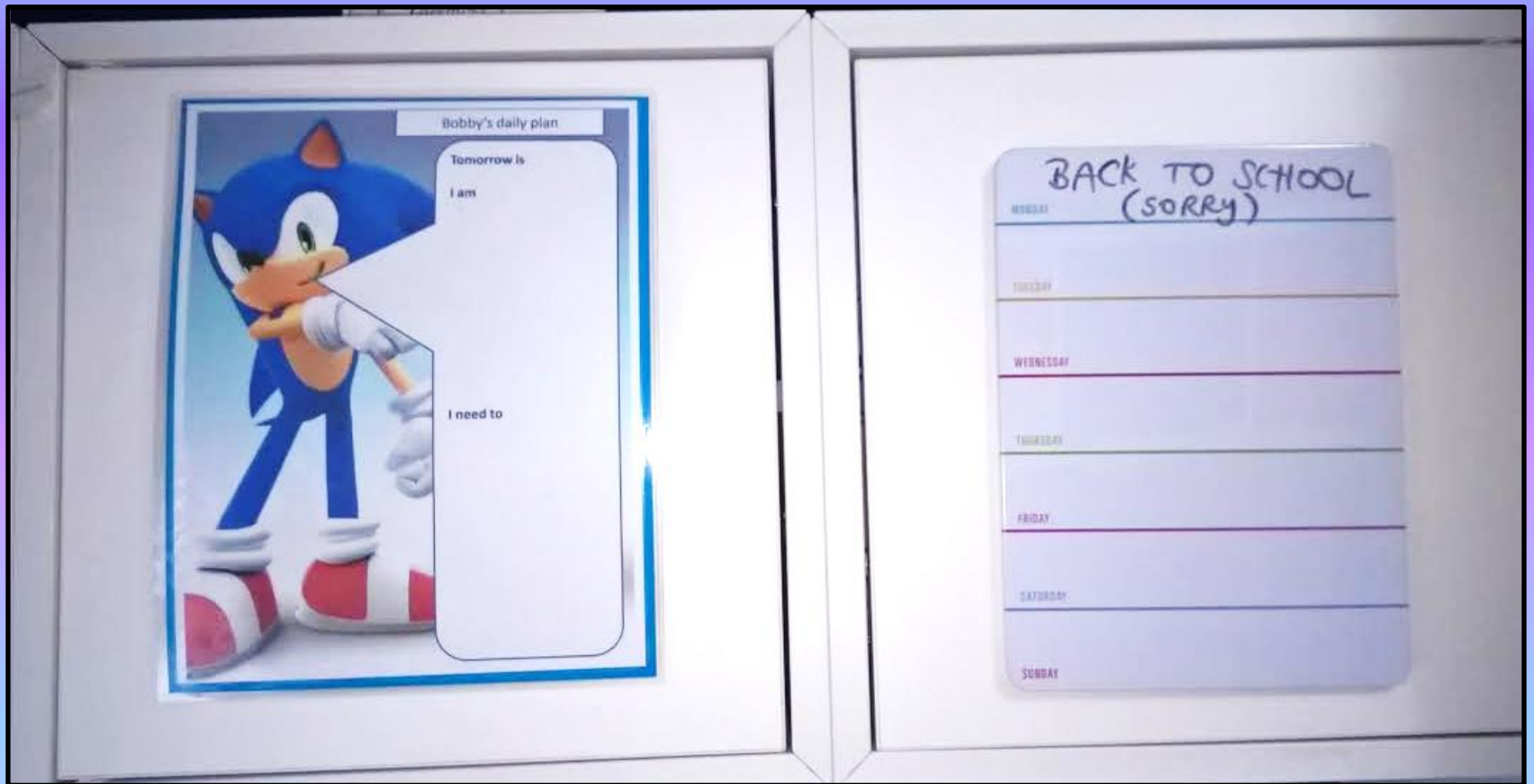
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6. Clear structure



Organisation



7. Planning the morning

GETTING READY WITH FREDDY FAZBEAR!

Tick box when done



1. I've got dressed and put my tie on



2. I've had breakfast



3. I've brushed my teeth

☐

4. I've washed my face

☐

5. I've brushed my hair and put my shoes on

☐

6. I've put the right books and my planner in my bag

☐

7. I've put my headphones and my fake phone in my bag

☐

7. I've packed my Pokeballs

☐

8. I've put my blazer on

☐

9. I've checked I have sandwiches and a drink

☐

NOW I CAN
PLAY FIVE
NIGHTS AT
FREDDY'S!

8. Planning the evening

BOBBY'S HOMEWORK PLANNER

SUBJECT	TICK IF HOMEWORK	DATE TO BE DONE BY	COUNTDOWN DAYS LEFT	TICK WHEN DONE
ENGLISH				
MATHS				
SCIENCE				
HISTORY				
GEOGRAPHY				
BELIEFS AND VALUES				
ART				
TECHNOLOGY				
MUSIC				
COMPUTING				

For each subject:

- ✓ Tick if homework
- ✓ Date to be done by
- ✓ Countdown days left
- ✓ Tick when done

Comfort

All i want is
peace, love,
understanding,
and a
CHOCOLATE
BAR
bigger than my head!

tokii.com

9. Identify pivotal comforts



10. Escape from the overload!





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