

Universal design and reasonable adjustments




So, autistic and neurodivergent
students can thrive at school


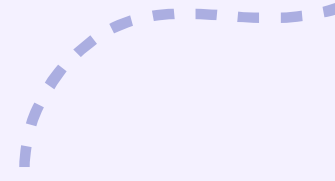
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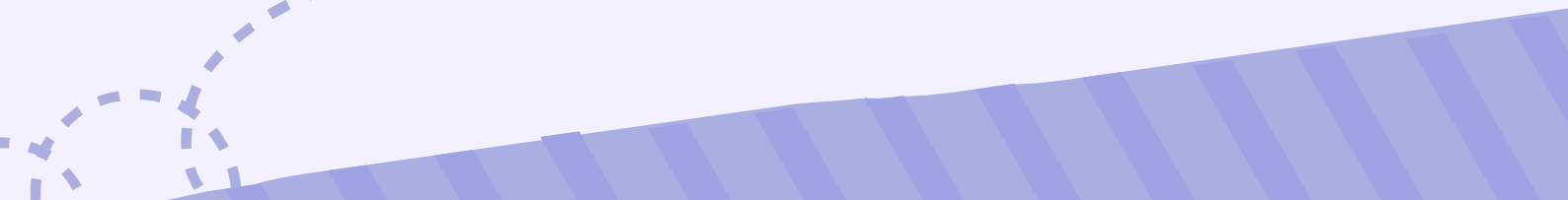

This booklet was developed in conversation with Autistic children and young people. They talked about the little things that they wished their teachers would do to help them feel more cared for and supported at school.



We hope that it will help Autistic and other neurodivergent students come up with their own ideas about what will make school better for them.



We hope it will help teachers recognise the importance of doing the little things. These things can make a big difference for students. These types of supports don't need extra money and only take up a little bit of time.





Feeling safe



Please don't shout. It hurts my ears.
It makes me worried

Please move me away from my bully.

Please move my bully away from me.
I did nothing wrong.

Let me sit near my friend so we can
work together. This is the best way
for me if we have to work in a group..

I want to be able to colour in and hug
my teddy at lunchtime because I don't
have any friends. Help me find a place
to feel OK at playtime.

Help when I feel sad

I want to sit at the window because when I see a tractor going past, I don't feel so sad.

Please don't take away Golden Time minutes.

I miss my mummy. I want my teddy to hug.

Sometimes, I'm so tired and upset that I can't do my homework. I need to have a homework pass. Please don't make a fuss. I'm doing my best.

Communication needs

Please let me know when you're going to ask me a question. Don't ask me suddenly.

Sometimes, I can't speak. Don't ask me to answer a question if I'm not ready or able to speak.

Put the bullet points on the board so I can know what to do because I can hear you speaking but I don't know what you're saying.

I can't write down my homework quickly or correctly. Please put the homework on the Seesaw app so mum can see it.

Asking for help

I can't ask for help because of all the times before when I asked for help and it was not given or was not given in the way that I needed it. Check in with me.

I can't ask for help because the children might laugh at me. Can you come over and check that I know what to do?

I can't ask for help because I'm worried about being different. Can you ask my group if we need help and then I might be able to say what I need?

Sensory needs

My school trousers feel like sand on my legs. I can't concentrate. I want to wear my tracksuit bottoms.

My school shoes are too hard. I want to wear crocs.

The class lights are too sunny and it hurts my head. Please turn the lights off sometimes to give me a break.

The class movement breaks are too loud with loud music and all the children's voices. Can it be quieter?

It's sore sitting on the hard chair. My legs feel like they're jumpy. I just want to stand up sometimes.

So, I don't have to be so stressed

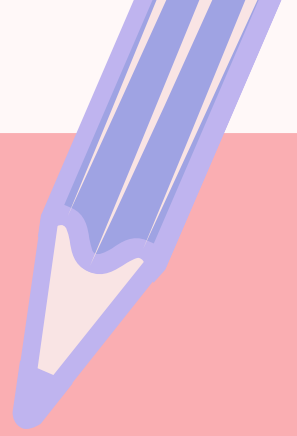
You talk for too long. I can't understand what you're saying. If I tell you I don't know what to do, don't tell me, "You should have been listening."

Don't rush me or put me on a timer. I panic and can't think. It makes it so hard.

Don't put too many steps into a task. If I find an easier way to do something, let me do that.

Let me follow my interests. It helps me feel confident and I can do good work this way.

Student's needs and adjustments



Teacher notes





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