

Unstructured Time at School

Quick reference
SHEET #16

In the classroom you have a teacher monitoring and watching the class, but for some learners it is the non-structured times that cause the most concern for them.

Be aware of the challenges

- ☹️ Busy corridors with other children running around and potentially knocking into you
- ☹️ Noisy playgrounds with no one asking you to join in with their games
- ☹️ Difficulties calming down and queuing after running around i.e. when switching activities
- ☹️ Loud conversations and shouting at break times
- ☹️ Sitting in assembly and being able to sit still while sitting cross legged
- ☹️ Changing for PE quickly enough
- ☹️ Changing back from PE and not being late for class
- ☹️ Leaving possessions behind
- ☹️ Tying up your shoelaces so they don't keep coming undone
- ☹️ Toilets and worrying about who is in there or how to manage your clothes, wash your hands or even wipe your bottom!
- ☹️ Choosing food in the canteen at lunchtime when others are waiting behind you in a queue



How can you help?

- ✓ Consider times of transition and give the child adequate time to prepare
- ✓ Create places a child can go to where there is 'safety and calm'
- ✓ Think about toilets and ensure they are safe place to be
- ✓ Have a conversation with the learner and see if there are some skills they need training in (even if they are academically very capable in some areas)
- ✓ Offer alternative group activities at lunch time such as; chess club, Lego club, where it encourages social interaction but in a quieter setting
- ✓ Have a person the learner can always talk to if they feel concerned

