

# Neurodiversity Schools 101:

## Unstructured times of the day

Some children who are neurodiverse can find unstructured times stressful.

This may be because:

- ❖ not knowing the rules of the games;
- ❖ not sure who to play with;
- ❖ when to join in or talk to others;
- ❖ what to talk about;
- ❖ feeling lonely,
- ❖ finding the noise a bit too much!
- ❖ not picking up on social cues;
- ❖ being more vulnerable to being bullied by others.

### Break times

- ✓ Provide an alternative agreed place for your child to go if it's too noisy and feels safe.
- ✓ Find out what happens at less structured times and if your child is alone.
- ✓ Rehearse social scenarios with use of visual images such as photos to practice different responses.



### Lunchtimes

- ✓ Queuing may be harder for some children.
- ✓ Discuss with your child what they want to eat and drink before school. Ask if the canteen menus are on the school internet, so your child can see beforehand what's on offer.
- ✓ Check your child can work out change if they need to pay at lunch.
- ✓ Discuss with your child if they are not sure where to sit down and when someone talks to them how to join in a conversation. If the other person says "the seat is taken", what to say.
- ✓ Encourage your child to go to the toilet during break and lunch time.
- ✓ For some children a quiet place to eat with less noise can be helpful.