

Supporting Autistic & Neurodivergent Individuals

These strategies can be helpful for individuals in all age groups -- neurodivergent or not!

1

Create Predictability



If there is **ONE** support that will make the most difference to neurodivergent individuals, and all children, it's providing **VISUAL STRUCTURE** and **ROUTINE**.

- » **Use a visual schedule:** With words or pictures.
- » **Use transition cues.**
- » **Frontload** what's coming next.
- » **Be specific:** Provide clear expectations.

2

Motivate & Build Relationships



Keep individuals **engaged** by making classes fun and using strategies that motivate.

- » **Make it fun:** Use games, songs, and toys as rewards
- » **Build rapport:** Include the individuals interests
- » **Use First-Then:** First hard thing, then fun thing!
- » **Try Points:** Notice positive behaviour across the whole group
- » **Give Closed Choices:** "Would you like this or that?"
- » **Use Countdowns:** "5 jumps left, 4 jumps left, ..."

3

Communicate Effectively



- » **Keep instructions short.**
- » **Use the rule of 3:** Never more than three pieces of information at a time.
- » **Try different corrections:** Visual cues, tactile cues, and modelling.
- » **Be specific:** "I love how you kept your head back!"