

SUPPORTING YOUNG AUTISTIC STUDENTS EXPERIENCING ANXIETY

Here are some actions you could try in your setting to support a young autistic student with significant anxiety:

- ✓ Create a safe space indoors for the child to use
- ✓ Create a safe space outdoors
- ✓ Give alternative topics for writing activities which capitalise on the child's interests
- ✓ Assess the child's sensory issues by completing the AET Sensory Checklist with the staff and the child's parents
- ✓ Use a scale to assess a child's emotional state and take appropriate actions
- ✓ Give enough time for a pupil to calm with an activity they enjoy (e.g. time on iPad, crafts, walk outside)
- ✓ Ensure partnership working with parents as they are the experts on their child
- ✓ Use a 'pause folder' with alternative activities. Press pause if the child is not engaging, give an alternative activity and come back to the activity at another time
- ✓ Plan transitions carefully with the use of Social Stories, pre-teaching, visuals and conversations with parents
- ✓ Provide choice in a limited way to prevent overload
- ✓ Use 'now and next' boards to transition to the next activity
- ✓ Use a peer to model turn-taking, sharing, waiting and board games



This #GoodAutismPractice bite-sized learning resource is part of our Good Autism Practice Guidance. You can access the original resource by clicking [here](#).