



10 Quick Adjustments That Help Every Brain

Chunk instructions – One step at a time, with visuals or verbal check-ins

Use routine language – Consistency reduces anxiety and supports memory

Flexible output – Let students show learning through writing, art, speech, or movement

Pre-warn transitions – Give countdowns and visual cues before switching tasks

Simplify the environment – Reduce clutter, noise, and unnecessary visual distractions

Model strategies – Demonstrate thinking steps out loud before independent work

Build downtime – Short breaks between cognitive-heavy activities

Choice where possible – Autonomy increases engagement and reduces resistance

Explicit feedback – Clear, direct, and frequent encouragement builds confidence

Celebrate effort – Reinforce persistence, not perfection

Tip: Inclusive teaching doesn't slow learning... it strengthens it for everyone



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