



10 Small Changes That Take No Extra Time

Predictable starts – Open every class the same way to create safety

Positive phrasing – Say what to do, not what not to do

Think-time – Wait 5 seconds after asking a question before calling on students

Visual supports – Have routines, steps, and expectations visible

Clear next steps – End each task by naming what's coming next

Preview change – Tell students in advance when plans or rooms will shift

Empathy language – “I can see this is hard for you” instead of “Calm down”

Micro check-ins – A quick thumbs-up or sticky note instead of long conversations

Silent signals – Hand signals or cards for breaks without disruption

Assume effort – Most challenging behaviour is communication, not defiance

Tip: Inclusion isn't about more time... it's about building habits that reduce friction for everyone



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