**Be prepared**

Ensure that all the materials required for the day are organised and easily accessible prior to starting the day.

*Things you could try:*

* + Preparing the materials at the end of the day for the next day
  + Having materials stored in a containers or easy to access spaces

Avoid setting up activities and learning spaces under florescent lights or glare from windows, near noisy strong smelling areas such as bathrooms/kitchens, or doors that are opened and closed regularly.

*Things you could try:*

* Using posters, curtains, wall hangings to reduce glare of windows
* Using headphones or restructuring your day during times of high activity/noise
* Use tablecloths and sheets to cover distracting materials

**Consider the noise and smells in the space**

**Minimise the things you can see and touch**

When things are easy to see - it helps build independence!

*Things you could try:*

* + - Having a specific place for materials (e.g., books on a shelf, pens in a draw)
    - Move distracting materials out of the way
    - Use tablecloths and sheets to cover distracting materials

**Use different areas for different activities**

You might plan to do different activities in different areas across the day

*Things you could try:*

* + Using tape, furniture, mats, rugs and cushions to section off areas
  + Learning activities can happen in different locations such as – on the couch, in a bean bag, in the garden, on a trampoline, when walking.

**Setting up a student work space at home**