

Listen to learn

If you see the following behaviours, refer to the possible solutions below.



- 1 Fidgety behaviour such as squirming on chair/floor
- 2 'Movement seeker' such as moving around, up from their chair
- 3 Difficulty concentrating or listening
- 4 Poor sitting posture such as slumps, slouches, on edge of chair
- 5 Poor handwriting
- 6 Difficulty copying from the blackboard or whiteboard



1 2 3 4 5 6

Try to achieve the desired effect with minimal or no equipment

Chair and table height appropriate for child

Desk height at approximately elbow level

Child's feet flat on floor

Chair pulled into desk

Bottom back in seat

Desk clutter free

Child facing blackboard/whiteboard (no obstructions)

1 2 3

Use visual timetables

Now/next
Now/next/later
Daily schedules

Supporting a child through a sequence, such as a piece of writing, packing bag/getting ready for home, changed for PE

4 5 6

Writing slope

Improved sitting posture (more upright)

Improved quality of handwriting improved ability to copy from board onto paper

Angled surface of slope facilitates improved reading



1 2 3

Listening skills

I CAN talk - Attention and Listening video: www.youtube.com/watch?v=R8vjuebHcTc

Alerting techniques

Talk about what good listening is

Look at the person who is talking

Child facing blackboard/whiteboard (no obstructions)

1 2 3

Red round cushion

Reduced fidgety behaviour

More appropriate activity levels in class

Improved concentration/listening

Can be used when sitting on chair or floor

1 2 3 4

Blue ramped cushion

Reduced fidgety behaviour

More appropriate activity levels in class

Improved Concentration/listening

Improved sitting posture (more upright)

Only use on chair

Helpful strategies are available from the NHS Greater Glasgow and Clyde KIDS website: www.nhsggc.org.uk/kids/life-skills/education/paying-attention
To request equipment, contact the Supporting Learners Service on: supportinglearners@fife.gov.uk