



Frustrated with students who

SLEEP through SCHOOL

5 Tips for helping your students stay awake, focused & be productive

SOUND

Provide options for headphones.

External noises can distract us. By creating rhythm and predictability we can help the student stay engaged and focused on their school work.

LIGHTS

Change lighting options to alert the brain

Lighting can be helpful in keeping students alert & focused. Encourage lights to be on to help the student's brain recognize it is time to work instead of a time to rest.

ENGAGE YOUR MIND

Regulate, Relate, Reason

Lower brain region activities--hard candy, drinking through a straw, chewing gum to help provide passive regulation before we can relate to others, then move to reason.

EXERCISE YOUR BODY

Regulate, Relate, Reason

Movement is key for self & co-regulation. Simple activities such as going for a walk, tapping or standing can help students re-engage and become more productive.

PIN POINT

Help create small achievable goals

Many students struggle with setting their own small goals which often leads to becoming overwhelmed. When they are overwhelmed, they are more likely to disengage & sleep in class.