

## 10 practical adjustments that support autistic students

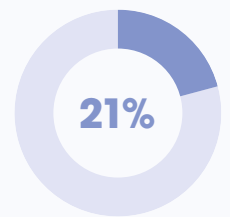
### Infosheet 10 for educators Creating a 'classroom timeout break'

**When they feel they are becoming overwhelmed, it is important for autistic students to be able to self-regulate their behaviour.**

Allowing an autistic student to leave the classroom for a short period of time to self-regulate in their own time and space will mitigate further escalation of how that student is feeling.

**Tactics teachers can employ to assist an autistic child to self-regulate their behavior, and identify when they are feeling overwhelmed and need to take a break, may include:**

- Providing a number of safe, accessible quiet areas students can go to when they are feeling overwhelmed.
- Use of a time-out/respice card.
- Use of a pictorial/colour-coded indicator card which helps them to self-identify their level of coping and ability to recognise when they need to take a break.



**21%**  
of autistic students  
surveyed have had this  
adjustment implemented  
at their school\*

Contact Amaze for professional development training and forums for teachers and school staff [here](#)  
or contact us on 03 9657 1600

\*Source: 'Community Attitudes & Behaviours towards Autism; and Experience of Autistic People and their Families':  
Research report prepared by Centre for Health and Social Research, Australian Catholic University, Social Research Centre for AMAZE 12 December 2017