Supporting pupils during SATs



#### The summer season is here and with it, it brings exciting events such as school day trips; Sports Day; school plays; transition visits to new classes and new schools and of course, the SATs. This could be a difficult and stressful time for all pupils but for autistic children and those with communication and interaction difficulties, this is magnified. The change to routine, heightened expectations, and the lack of their usual support are some of the changes which cause confusion and uncertainty. For this reason, the SCIL Team have put together some resources for teachers and parents to consider when planning for SATs.

#### Social Stories- Social Stories are used to introduce change to children’s normal routine which could help remove some of the anxiety related to SATs.

#### Zones of Regulation- Preparing for SATs can be an extremely anxious time for children with Autism. This strategy allows adults to teach children a variety of social-emotional skills, from early emotional skills to self-regulation and with navigating through exam seasons.

#### Talking Mats- Talking Mats can be used to enable children express their feelings towards different aspects of their life including their anxieties towards completing their SATs

#### Visual Timetables- Visual Timetables are an excellent visual representation of the sequence in which activities are going to take place. This is a fantastic resource to help pupils understand the sequence in which SATs tests are taking place; the different rooms in which the tests are going to take place and the ‘holding’ rooms where children need to wait before and after tests.