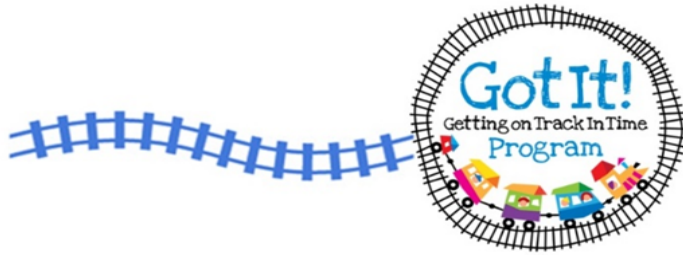


Got It!



The 'Just Right' Challenge

Is it hard for your child to stay on task?

When a child is displaying challenging behaviours it is important to consider why they might be acting that way. A child who is avoiding starting a task or is distracted may be finding the task too difficult. Similarly, a child may become disengaged and disruptive when a task is too easy and they become bored.

Children learn best when the task is 'just right': not too hard and not too easy. This increases motivation, empowers children and promotes resilience.

How to get it 'just right':

- Be realistic about your child's ability
- Break the task down into smaller steps to reduce difficulty
- Add more steps to increase difficulty
- Increase or decrease adult support given
- Change the equipment or how a task is done to make it easier or harder



Speak to your child's teacher for ideas on how to change specific home learning activities to meet your child's individual needs.