



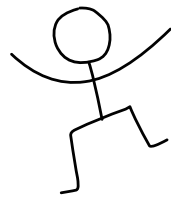
## 01. Build recovery time into everyday life.

After school, avoid jumping straight into homework or activities.

Instead, create space for activities that help your child recharge. For example, running around, reading a book, chilling out, or screens.



## 02.



### Reduce unnecessary demands.

Look at what truly matters and what can wait. If school is draining, skip extra activities or shorten playdates.

Energy is limited - help your child spend it where it counts.

## 03.



### Support authentic regulation.

Let your child stim, move, fidget, or retreat when needed. These are natural ways to reset, not behaviours to be stopped.

## 04. Keep communication concrete and gentle.

Give one instruction at a time. Offer choices instead of pressure. Predictability soothes and reduces mental load.

## 04.





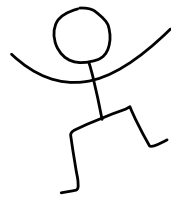
## 01. Create recharge spaces.

Provide short breaks routinely throughout the day. A few minutes of energy-matching activities can reset a tired brain.

For example, starjumps to regulate high energy, or a quiet space to soothe an overwhelmed system.



## 02.



### Reduce demands.

Support children with tasks that are more demanding than they look. For example, shifting attention, managing noise, waiting turns, changing activities.

If a student isn't coping, it is okay to scale back academic load to focus on emotional well-being.

## 03.



### Notice signs of overload early.

Watch for zoning out, irritability, or sudden outbursts - these are often early burnout signs, not misbehaviour.

## Teacher-student connection is key!

## 04.

A strong relationship between student and teacher is the foundation for safety, engagement and learning.

