

Teacher Scripts for Modeling Self Advocacy:

Remember: It's not reasonable that the other person will also be able to adapt their behavior to meet your needs. You ALSO need to share what YOU can/will do to take care of your own regulation needs when others are unable or unwilling to do all of the accommodating for you.

The general formula:

State the experience you're having, state any immediate things you can do to help yourself, and request a specific action from the person involved in the experience. If they are unable or unwilling to take that action, state what you will do in order to take care of your own sensory needs (out loud, and without judgement) and then do that thing.

Challenge/issue	Adult request	Autonomous Adult Action (if request is not granted)	Notes
Two students having a side conversation during classroom instruction.	Oh my! I'm having a really tough time telling you my instructions, because there's a lot of other noise happening in the room. I know you've all got things to say. Can you give me X minutes of quiet so that I can make sure I tell you all the information you need?	Ok. You are not able to stop the side talk right now, and this is really important. Let's pause for three minutes, and I am going to sit down and write out exactly what I need you guys to know. Then we'll come back together, and I'll read it, and you can ask me questions. Three minutes, please please be silent as you can!	As a teacher in this situation, you might also choose to extend your authority and ask the kids to step into the hallway so the other children are able to access the information, or ask them to move away from each other so it is quiet.
	Guys. My brain just really can't process information to answer questions or explain things when there are other conversations happening around me. Please, can you let me get this out so we can move on? Thanks, I appreciate it.		

<p>Tapping, banging on the table, kicking a table leg, fidgeting in a way that introduces noise into a classroom.</p>	<p>It looks like you really need to move your body. I'm having a hard time with that sound...it's kind of hurting my brain and it makes it hard for me to think. What could I get you to fidget with instead so that you get what you need and I get what I need?</p>	<p>Nothing else is doing it for you, huh? I am going to take just a second and put in some earplugs so I can keep my brain working in order to teach. Please keep thinking about what else might work for you that doesn't make that noise. I'll check in again soon.</p>	<p>If the noise is disruptive to the whole class, you might try sliding something that mutes the sound between the two 'noisemaking' components. You may also ask them to step into the hallway to do that stim/fidget until they are ready to rejoin.</p> <p>If things are escalating, you may try:</p> <p>I'm going to help you resolve this by moving (noisemaking element) away. The class cannot hear when that sound is happening, and I'm happy to help you take care of this.</p>
<p>Student turning a light on and off again (when this happened with me, it was not during classtime, and so the entire class wasn't impacted)</p>	<p>Hey STUDENT. The light going on and off is beginning to make my head hurt (I referenced at this point my history of migraines, of which the STUDENT was aware). Is there any way you can pick one: light on or light</p>	<p>It's really tough to stop, isn't it? For now, I'm going to put on my baseball hat to shield my eyes from the light. Please stop when you are able to do so.</p>	

	off, and stick with it?		
BONUS			
I have a STRONG negative reaction to the sound of metal silverware scraping against ceramic plates. When my kids eat ice cream and get a metal spoon, it is painful for me to be in the same room.	Hey kiddo, can you swap out the metal spoon for a plastic one? If you're all settled in at the table can I get you a plastic spoon?	(These days they rarely refuse, but on tough days when they couldn't make the swap): Ok. I'm going to put in my noise cancelling earbuds and go into the next room. Come get me when you're done okay? I want to hear more about your day.	