



# I need



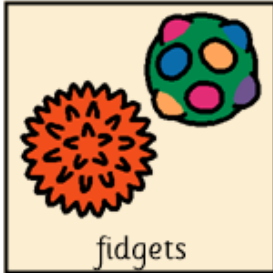
ear defenders



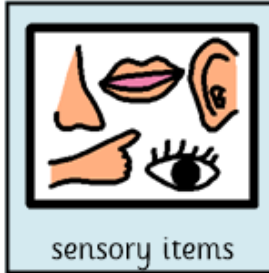
a wobble cushion



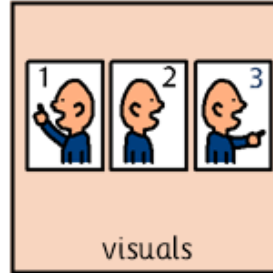
a stretch  
theraband



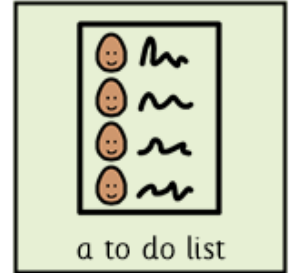
fidgets



sensory items



visuals



a to do list



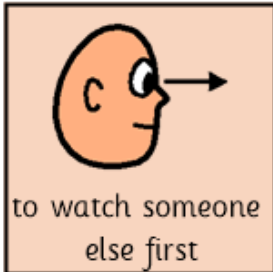
a photo of what the  
outcome should be.



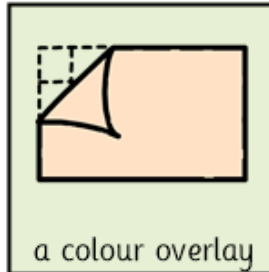
to read aloud



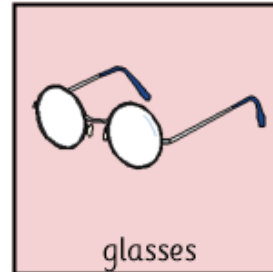
to think aloud



to watch someone  
else first



a colour overlay



glasses



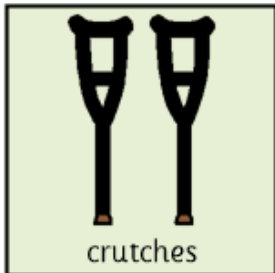
a hearing aid



a wheelchair



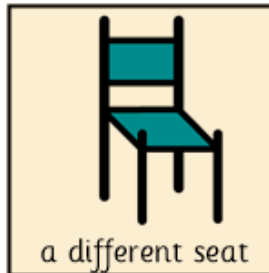
a walker



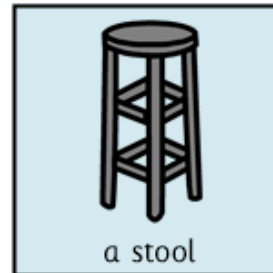
crutches



uniform  
adjustments



a different seat



a stool



a standing station



an iPad



a laptop



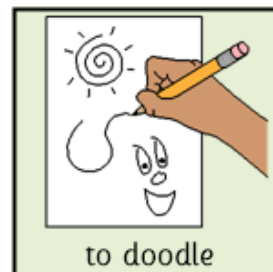
movement breaks



brain breaks



processing time



to doodle



something else



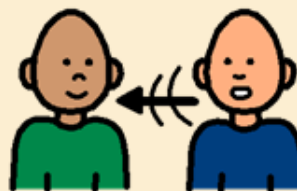
# I want you to know.



I feel overloaded.



I need time to process.



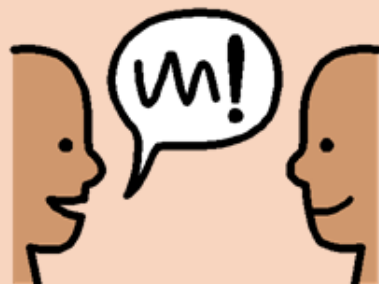
I can tell you the answer.



I want to participate.



I am having sensory issues.



I need to talk.



I feel anxious.



I need to regulate.



I need a movement break.



I am finding it hard to talk just now.



I am confused.



something else