Cognus Autism Service

Giving Instructions

Give instructions in the order events will happen:
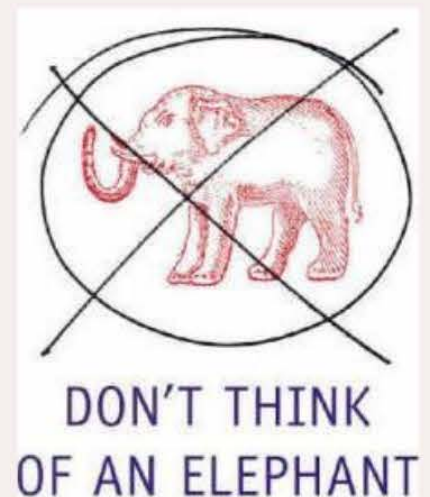
e.g. "Lab coats, work stations."

Rather than, "it's an experiment so go to your workstation and don't forget to put your lab coat on."

Provide single, simple and clear instructions from the start

✓ Times up, keep the toys!

We are going to have dinner now, no more playing, you have to keep the toys now! ✗

Focus on the verb – what you want them to do.

When you state what you don't want, this can become the focus.

DON'T THINK OF AN ELEPHANT

If you have a certain topic you would like tips on, email rebecca.duffus@cognus.org.uk

Cognus
No Limits on Learning