



Tips for Learning and Teaching

- [Tourette Syndrome](#) [1]



- Seat the student at the side/front of the classroom in order to provide special attention for instructions/directions. This will also enable the student to refocus when necessary.
- Be vigilant to prevent any teasing that may occur.
- Provide a quiet place for the student to complete activities and tasks.
- Consider providing the student with a headset to play instrumental music in order to block out distractions.
- Allow for freedom of movement in the classroom.
- Providing the student with a small squeeze-toy to fidget with during times when concentration is needed may be of assistance.
- Break down assignments into component parts and give shorter time frames for task completion.
- Make use of a computer to reduce the need for handwriting.
- Pair with a mentor if the tic causes an activity to be unsafe (e.g. a scientific experiment).
- Establish an agreed hand gesture/signal as a reminder to refocus during listening periods.
- Put a token-reward system in place to manage student's impulsive behaviour.
- Do not rebuke the student for engaging in tic behaviour.
- Students often have a need for a strict routine.
- Directly teach organisational skills.



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