

If / Then:Lucere Align

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Connecting a change in time to a change in activity or state


We'll root this in **real, felt experiences** and repeatable structure — giving the student the chance to **notice, act, and feel** the rhythm of change.

Learning Experience: “Time to Change” Tray

Goal: Help the student *experience* that when something changes in time (like a signal or step), something else changes in activity or environment — reliably and safely.

Activity Structure (5–7 mins):



1. Start with a Predictable Cue

- Use a visual + auditory cue (e.g. photo + chime sound) to signal "**Time Change**".
- Example:  Show a card that says “*Time to switch!*” + gently ring a bell.

This cue becomes the *predictable bridge* — over time, it builds safety and meaning.

2. Present 2 Contrasting Trays or Stations

Each tray has a **distinct sensory theme or activity**:

-  *Cold Tray* (touch cold items: gel pack, frozen spoon, cool washcloth)
-  *Warm Tray* (hold a warm rice sock, touch sun-warmed rock, etc.)

Use trays or baskets that look clearly different (visual contrast helps build memory).

3. Move Between States

- Begin at one tray with full support (hands-on, co-activity).
- After 2–3 minutes, give the “**Time Change**” cue.
- Slowly move together to the second tray. Label it with gesture + visual card (e.g., ❄️ “Cold time is done” ➡️ ☀️ “Now warm time”).

Add simple gestures or actions: shake hands after cold, rub hands after warm. This gives the student a *physical pattern* to feel the shift.

4. Repeat With Slight Variations

- Swap tray order the next time.
 - Keep the “Time Change” cue identical.
 - Watch for signs the student starts anticipating the shift (e.g. reaching, turning, pausing).
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🧩 Why This Works for This Learner:

- ✓ **Real and sensory** — shifts are felt (temperature, texture)
 - ✓ **Predictable** — same cue, same adult, same rhythm
 - ✓ **Action-led** — understanding shown through movement
 - ✓ **Relational** — adult helps co-regulate during change
 - ✓ **Builds pattern memory** — change = cue + movement + new state
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🌱 Extensions Over Time:

- Use natural events (🕒 light dimmer, 🎵 music change, 🚪 door opening) as “time-change cues”
- Create a simple *visual timeline strip* with Velcro symbols showing “Now” ➡️ “Next”
- Let the student **initiate the cue** once familiar (e.g. ringing the bell)

AI Prompt Template (eg. in OpenAI - response results may vary):

I am supporting a student in a special education setting.
They learn best through individualized structure, physical
interaction, and relational safety.

I want to introduce or explore a learning idea – not as abstract
content, but as something ****experienced, noticed, and made
meaningful**** by the student.

The concept I'd like to explore is:

- [x] connecting a change in time to a change in activity or state

Student Learning Profile

how_the_student_receives_information:

- [x] uses visual input (e.g. photos, symbols, videos, gestures)
- [x] learns through physical interaction (e.g. hands-on tasks, movement)
- [x] follows better with modeled steps or live demos

how_the_student_expresses_understanding:

- [x] shows understanding through action, movement, or expression
- [x] needs extended time before responding

movement_and_physical_support:

- [x] benefits from adapted materials or assistive tools
- [x] limited fine motor control (e.g. handwriting, touch input)

abstract_thinking_and_symbols:

- [x] learns best through real-world examples and daily routines
- [x] needs repeat exposure before ideas carry over
- [x] struggles to generalize cause/effect beyond a specific context

learning_rhythm_and_energy:

- [x] attends well for short bursts (5-7 minutes max)
- [x] benefits from immediate repetition to build familiarity

- [x] stays regulated best when one adult maintains shared pacing

response_time:

- [x] processes silently and slowly – action is often delayed
- [x] may not respond at all if sequence isn't predictable

emotional_and_social_support:

- [x] needs familiar adult present for consistency
- [x] becomes anxious if outcomes feel random
- [x] shows dysregulation when patterns break without explanation

Language: English

Tone: Supportive, clear, classroom-aware.

Use appropriate Emojis for visual harmony while reading.
