



# SANDWOOD PRIMARY SCHOOL and LANGUAGE AND COMMUNICATION RESOURCE



## What is Dyslexia?

**Dyslexia can affect different areas of your life.**

- Dyslexia means that you learn differently.
- 1 in 10 people have dyslexia.
- People with dyslexia can find things like reading, writing or remembering things tricky.
- Dyslexia has nothing to do with how clever you are.
- And there are good things that come with dyslexia!



Still not convinced? Look at the leaflet of famous people who have dyslexia.

Dyslexia is a language-based disorder that makes reading, recognising words, spelling and decoding especially difficult. It's something you're born with, but while dyslexia is a lifelong learning disability, early and effective methods can decrease its impact and help dyslexic pupils maintain the same learning level as their peers.

<https://unwrapped.dyslexiascotland.org.uk/>

<https://www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide>



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There are plenty of things you can do to make things a little easier. Here are some ideas...

## **Strategies and Tips for 8 - 12 year olds**

### **1. Take breaks from your homework when it's getting hard.**

Getting away from your work and getting outside for a while can help. If that's not an option, try colouring, listening to music or talking to a friend. But make sure you get back to your task before too long! Or ask someone for some help to complete the task.

### **2. Use games and technology to help you learn new things.**

There are plenty of apps and software on computers, tablets and phones that can help with your studies.

### **3. Speak up.**

Let friends, family and teachers know if you're finding stuff hard. Talk with them about what would help you and anything you might need.

### **4. Focus on the positives.**

Remember all the things that you're good at – and tell people about them!

### **5. Get inspired.**

Quotes, role models and success stories can help you to open your mind to new ways of thinking and stay excited about things like school. Here is one of our favourite quotes here at Dyslexia Unwrapped :The quote means that you shouldn't be afraid to be "different". Different does not mean bad!



**Remember:** The most important thing you can do is to believe and have faith in yourself. Dyslexia does not mean that you are not smart. It has nothing to do with intelligence and IQ and it comes with many strengths as well as the challenges.

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