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| What is dyslexia? |  | There are lots of learning activities and strategies that can be put into place to help and school will work with each child to find what works best for them |
| Dyslexia is a learning difference meaning the brain can approach some tasks in a different way to other people. It can affect communication, reading and writing skills, spelling and memory – a dyslexic person might experience some or all of these.Dyslexia has nothing to do with intelligence, can often run in families, and affect lots of people – each one differently from the next |  | Strengths associated with Dyslexia are:* Good creative and practical skills
* Strong visual thinking skills
* Good verbal and social skills
* Good problem solving skills – see solutions others would not
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| Some dyslexic people also experience visual stress and find reading black text on white backgrounds really hard – the text can seem to move |  | Talking about dyslexia helps us realise how common it is, and that it is nothing to be embarrassed about, because dyslexic or not, we all have things we are good at, and things we are not so good at |
| Things to try:Writing* Practise letters writing big and small
* Practise words that are important to you
* Sound words out as you write them, and don’t worry too much about your spelling
* A writing slope (or leaning on something you can angle to see more easily) can help
 |  | a b c d e f g h i j k l m n o p q r s t u v w x y z**trace over the letters above with a pencil**  |
| Reading* Re-read your favourite stories
* Read out loud to yourself – this helps your memory
* Use a reading ruler to follow each line to the end
* Highlight words you are unsure of and ask someone about them
 |  | **Remember**, lots of people are dyslexic - it does not mean they cannot learn or be clever!* what questions would you like to ask?
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