

SLANT Strategy

Directions: Print pages back-to-back on paper or card stock. After printing, trim the edges and use this 2-sided card as a practical tool to support impulse control. Laminate for durability and multiple use.



This resource can be found in:

FLIPP the Switch 2.0: Mastering Executive Function Skills from School to Adult Life, by Carol Burmeister, Sheri Wilkins, and Rebecca Silva. Published in 2021, by AAPC Publishing, Shawnee, KS.

<https://www.aapcautismbooks.com/products/flipp-2-0>

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Directions for Learners

When and How to Use the SLANT Strategy

SLANT can change how your teachers view you because of your behavior. When you look like you are paying attention, two things happen:

1. You actually increase your attention to the task or lesson.
2. Your teacher will notice and have more positive feelings about you as a student, and she will probably give you more positive attention.

You can use the SLANT process independently during academic lessons and activities. When you feel stressed or anxious because of a lesson or class activity, use the SLANT strategy by checking the graphic, doing each of the behaviors, and focusing on the activity. It is OK to SLANT for a few minutes, then take a break. When you feel your attention start to slip, it is time to SLANT.

Use the SLANT graphic as a reminder. Here are a few ideas for your SLANT reminder:

- Print the SLANT graphic on a piece of paper to keep in your folder or backpack.
- Snap a picture of the graphic and put in your “notes” app on your electronic device.
- Ask your teacher to post it as a poster in your class or near where you sit in class.

It’s also a good idea to talk with your teacher about how you are using SLANT.

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