

SPELL FORM

School:		Date:	
Practitioners:			
Sources of information (observations, reports, parents, etc.)			

The SPELL framework is a structured approach developed by the National Autistic Society (NAS) in the UK to support individuals on the autism spectrum. It focuses on five key principles aimed at creating supportive and effective environments for autistic individuals:

Structure – using visual information to create predictability

Positive approaches - recognising potential and strengths

Empathy – understanding the double-empathy problem

Low arousal – promote good practice in supporting stress / anxiety

Links – ensuring consistency and an inclusive approach

Observe you child and make comments in the grid below:

Area	What's Working	Areas to develop
STRUCTURE		



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POSITIVE		
EMPATHY		
LOW AROUSAL		
LINKS		