

UNIT 4: Adapting learning materials

Learn how to adapt educational materials using inclusive principles.

The following examples show how educational materials can be adapted to become more accessible and inclusive. As you review each example, pay attention to:

- The barriers identified in the original material.
- The changes made during the adaptation process.
- The strategies used to improve accessibility and engagement.

Consider how similar adaptations could be applied to resources used in your own educational context.

Example 1

Stress Management Handout

Original version: “Stress is a physiological and psychological reaction that occurs when environmental demands exceed an individual’s adaptive capacities. Chronic stress may contribute to anxiety, emotional exhaustion, concentration difficulties, and sleep disturbances.”

Example 1

Adapted version: “Stress happens when life feels difficult or overwhelming. Stress can make you feel tired, worried, or unable to sleep. Small actions like resting, breathing slowly, or talking to someone can help.”

Adaptation strategies used:

- Simplified language.
- Shorter sentences.
- More concrete vocabulary.
- Easier emotional connection.

Example 2

Emotional Regulation Activity

Original version: “Learners are invited to analyse emotional regulation mechanisms through reflective written exercises focusing on cognitive and behavioural responses to stressful situations.”

Example 2

Adapted version:

Role-play activity:

- Learner A explains a stressful situation.
- Learner B practices supportive listening.
- Together, they discuss calming strategies.

Adaptation strategies used:

- Replaced long written task with oral interaction.
- Encouraged peer learning.
- Reduced literacy pressure.
- Increased participation and engagement.

Example 3

Anxiety Awareness Poster

Original version: “Anxiety disorders are characterised by excessive fear, persistent worry, physiological hyperarousal, and cognitive disturbances that may negatively impact concentration, emotional regulation, and daily functioning.”

Example 3

Adapted version:

Visual infographic including:

- ✓ Short sentences
- ✓ Icons representing emotions and stress
- ✓ Colour-coded sections

Simple coping strategies:

breathe slowly

drink water

take a short walk

talk to someone

Adaptation strategies used:

- Visual support.
- Reduced cognitive overload.
- Easier navigation of information.
- More accessible for multilingual learners.

Example 4

Vocabulary Adaptation

Original version: “Psychological resilience contributes positively to emotional regulation and adaptive coping strategies.”

Example 4

Adapted version: “When people receive support and learn calming strategies, they can manage stress more easily.”

Adaptation strategies used:

- Removed academic vocabulary.
- Used relatable language.
- Increased comprehension for low-literacy learners.

4 steps for adapting content

Step 1 – Simplify: Use clear and simple language.

Step 2 – Visualise: Add icons, diagrams or images.

Step 3 – Diversify formats: Transform content into audio explanation/ infographic/ role-play/ step-by-step guide.

Step 4 – Cultural adaptation: Ensure examples are culturally relevant.

UNIT 4 – Consolidation & self-assessment

- Bring together what you have learned throughout this unit.
- Review the learning material you adapted and consider how effectively it supports accessibility, participation and inclusion.