Visuellt stöd

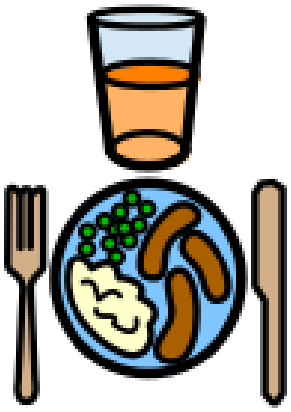
Med detta dokument vill vi visa exempel på visuellt stöd som kan användas i hälsosamtal och hälsoundervisning när elever har språkstörning, inte kan svenska språket så bra eller av andra anledningar har lättare att ta till sig information och prata med stöd av bilder.

Bilderna i detta material är hämtade från widgit online med tillstånd av Symbolbruket. För att använda Widgit behöver du en licens.

Gratis bildstöd finns exempelvis på bildstod.se och pictoselector.eu

Kanske används ett program redan på din skola och då kan det vara klokt att använda sig av samma för att eleverna ska känna igen bilderna och symbolerna.

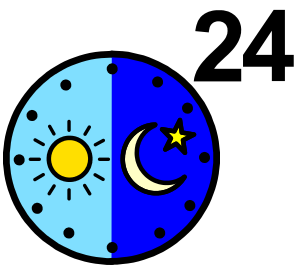
Bilder kan klippas ut och plastas in för att ha tillgängliga att välja bland i ett samtal eller sättas in tillsammans med text när du skriftligt vill få fram ett budskap, antingen för att diskutera runt eller för att lämna ut som information.



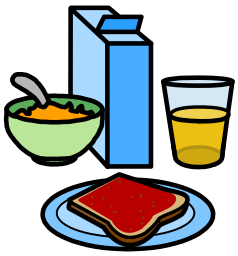
Svensk sjuksköterskeförening och Riksföreningen för skolsköterskor 2020-11-23

copyright - Widgitsymboler © Widgit Software/Hargdata 2020 | www.symbolbruket.se

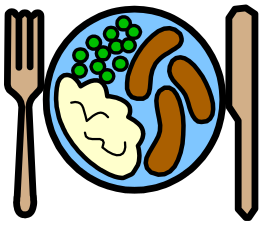
Balans i livet



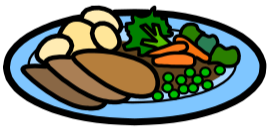
dygn



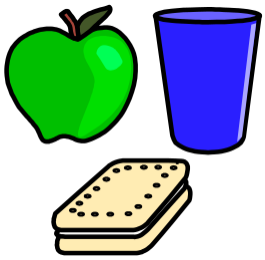
frukost



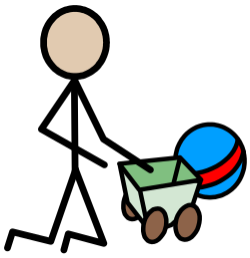
lunch



middag



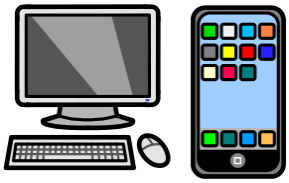
mellanmål



lek

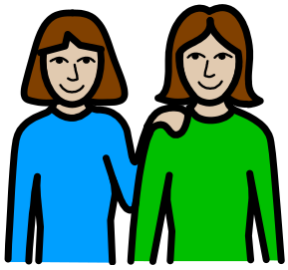
sport

sömn



dator
telefon

familj



vänner

skola

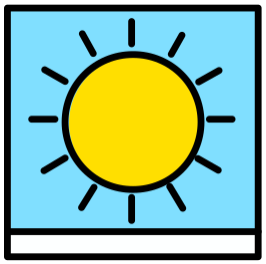
Skapad i WidgitOnline.com av Riksföreningen skolsköterskor

Widgitsymboler © Widgit Software 2002 - 2020

läxor

hjälpa till hemma

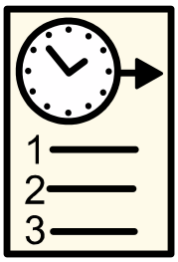
återhämtning



dagsljus

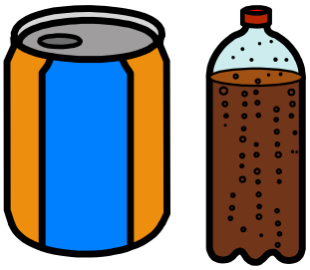
tid

timmar



planera

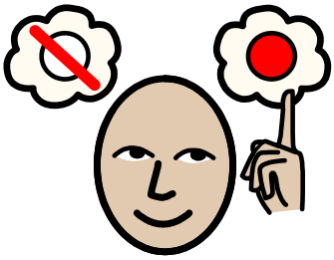
godis



läsk

stress

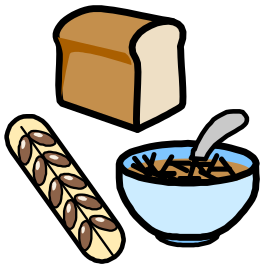
kultur



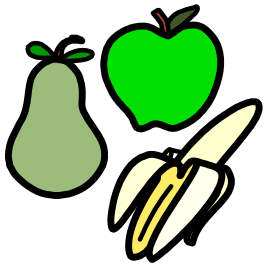
bra val

Widgitsymboler © Widgit Software 2002 - 2020

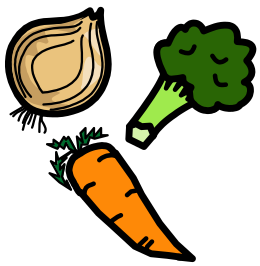
Kost



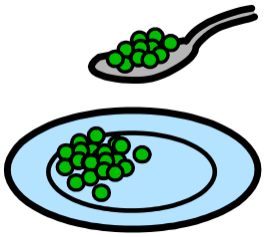
Fibrer



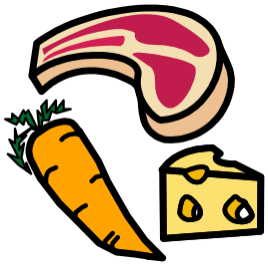
Frukt



Grönsaker

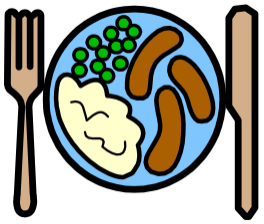


portion

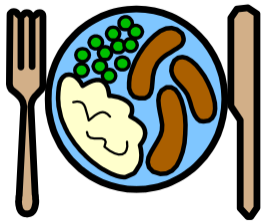


kost

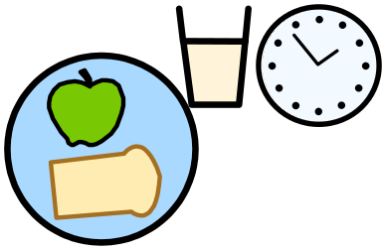
frukost



lunch



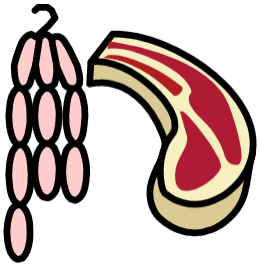
middag



mellanmål

kostcirkel

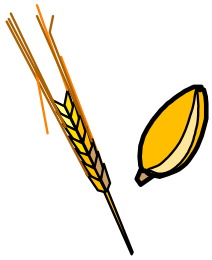
godis & läsk



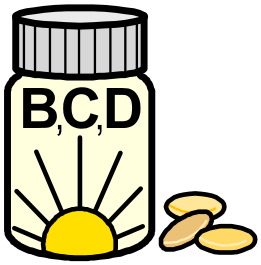
kött

Widgitsymboler © Widgit Software 2002 - 2020

fisk

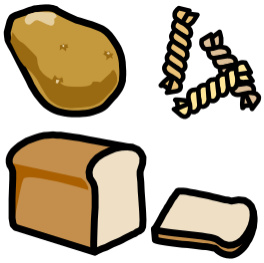


fullkorn



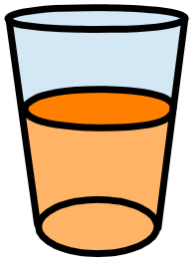
vitaminer

mineraler

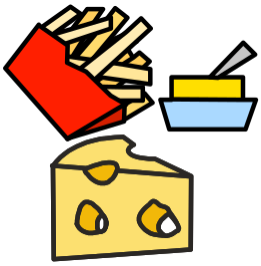


kolhydrater

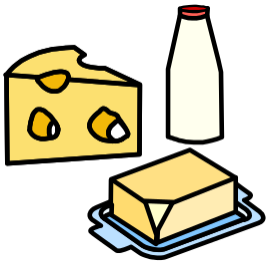
protein



drycker

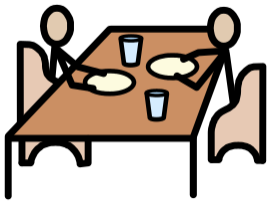


fett

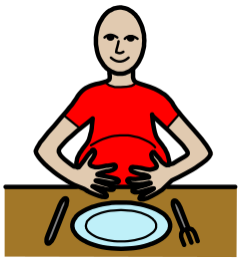


mejeriprodukter

energidryck



måltid

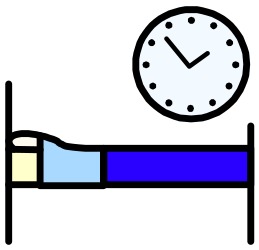


mätt

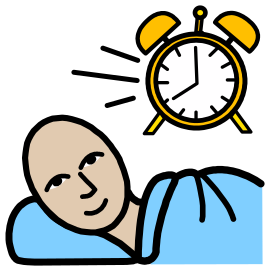
Widgitsymboler © Widgit Software 2002 - 2020

Sömn

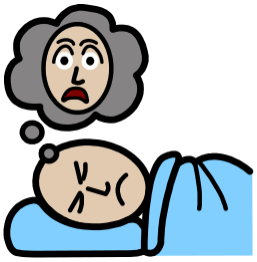
sova



läggdags

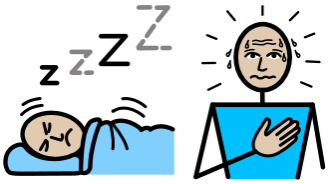


vakna



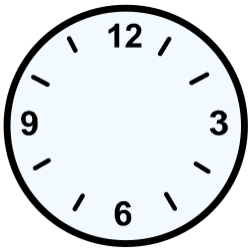
mardröm

drömmar

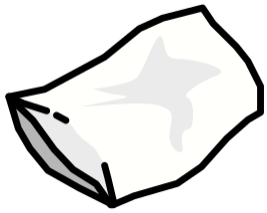


sover oroligt

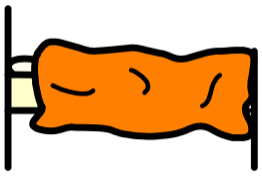
ligger vaken



tid

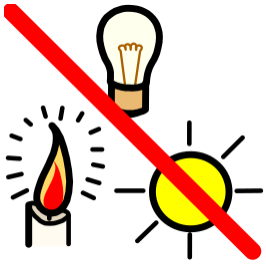


kudde



täcke

nattlampa

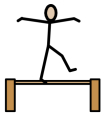


mörker

Skapad i WidgitOnline.com av Riksföreningen skolsköterskor

Widgitsymboler © Widgit Software 2002 - 2020

Att må bra -



hitta balans i livet

äta

röra på sig

sova

gå i skolan

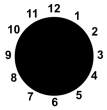
träffa vänner

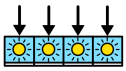
skärmtid

hur ser ett bra dygn ut?

Widgitsymboler © Widgit Software 2002 - 2020

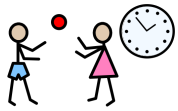
–





Fysisk aktivitet - röra på sig 60 min varje dag

Vad?

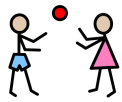


lek på rasten,

gå eller

cykla

till skolan,



lek på fritiden,

idrott

Var?

skogen,

hemma,

på skolgården

badhuset,

idrottsplatsen

varför?

stark

glad

frisk

lär sig bättre

Skapad i WidgitOnline.com av Riksföreningen skolsköterskor

Widgitsymboler © Widgit Software 2002 - 2020