

## Adapted school uniform 2026.

Many neurodivergent young people struggle with the sensory impact of school uniform, and it is important to consider reasonable adaptations so that their wellbeing and learning are not affected. It is always best to **contact secondary school and discuss possible adaptations early**. Below are some places to look for more comfortable school uniform clothing – these sell out fast, so beware! If you need further advice or help, please contact the Autism Team.

### TROUSERS



#### ASDA:

No buttons or zips, softer seams:

<https://direct.asda.com/george/collections/easy-on-easy-wear-school/D28M110G1C3,default,sc.html>

#### M&S:

[2 Pack Adaptive Cotton Rich Leggings \(2-16 Yrs\) | M&S | M&S](#)

#### Next:

Pull on, printed labels, flat seams:

<https://www.next.co.uk/shop/department-childrenswear-productaffiliation-trousers/benefit-pullon-use-schoolwear?p=1#198>

Smart jogger (to wear instead of trousers with school permission):

<https://www.next.co.uk/search?w=smart%20jogger&af=gender:olderboys&p=1#0>

#### Sensory Smart (not the cheapest!):

<https://sensorysmart.co.uk/collections/sensory-outwear/products/autism-friendly-grey-school-trousers-spectra-sensory-clothing-from>

#### Adaptive clothing (not the cheapest!)

<https://adaptiveclothing.uk/products/sensory-school-trousers>

### SCHOOL SHIRTS



#### ASDA

[Easy On Boys White Short Sleeve School Shirt 2 Pack | School | George at ASDA](#)

#### M&S

[3 Pack Boys' Easy Dressing Easy Iron School Shirts \(3-18 Yrs\) | M&S | M&S](#)

#### Adaptive clothing

Short sleeve, cotton:

<https://adaptiveclothing.uk/products/sensory-school-shirt>

### Compression clothes for deep pressure soothing (can wear under uniform)



<https://sensorysmart.co.uk/collections/compression-wear/products/sensory-direct-all-day-calming-sensory-hug-t-shirt-short-sleeve-deep-compressionSocks>

<https://sensorysmart.co.uk/collections/compression-wear/products/long-sleeve-therapeutic-tee-calming-clothing-medium-firm-compression>

## BASE LAYERS



ASDA:

*Under trousers:*

<https://direct.asda.com/george/school/sports-swimwear/black-base-layer-school-trousers/GEM1140704,default,pd.html?cgid=D10M1G1C8>

M&S

*Under trousers:*

[https://www.marksandspencer.com/baselayer-bottoms-6-16-yrs-/p/clp60713237#intid=pid\\_pg2pip33g4r9c1%7Cprodflag\\_Online%20Only](https://www.marksandspencer.com/baselayer-bottoms-6-16-yrs-/p/clp60713237#intid=pid_pg2pip33g4r9c1%7Cprodflag_Online%20Only)

*Under tops:*

*Short sleeve:*

<https://direct.asda.com/george/kids/underwear-socks/black-base-layer-top/GEM1129841,default,pd.html?cgid=D25M1G1C10>

*Long Sleeve:*

<https://direct.asda.com/george/school/sports-swimwear/black-base-layer-long-sleeve-school-top/GEM1140705,default,pd.html?cgid=D10M1G1C8>

***Base layers for neurodivergent young people with built in fidgets!***

[Kids Clothing – Comfa](#)

## Socks



<https://sensorysmart.co.uk/collections/seamless-socks-polyester-lycra/products/absolutely-seamless-socks-smartknitkids-ultimate-comfort-sock-navy?variant=44426714218788>

<https://www.sockshop.co.uk/products/sockshop-plain-bamboo-socks>

## Fidget tools



*There are obviously many places you can shop for these. Here are some less 'primary school' ideas for pre-teens and teenagers – but always check with your secondary school what is suitable in school. Creating a handy pencil case of fidget tools is ideal for secondary:*

- <https://calmcollectiveco.com/>
- <https://thesensorylab.co.uk/products/kaiko-fidget-pen>
- [11 Best Fidget Toys for Adults \(Quiet Stress & Anxiety Relief\) – Spiffy - The Happiness Shop](#)

## Additional tricks!

- *Try using this tape to cover irritating labels, seams or random uncomfortable areas of clothing:*  
<https://sensorysmart.co.uk/collections/undercover-tape>
- *Convert a regular tie to a clip on tie:*  
<https://school-ties.co.uk/index.php/product/clip-on-tie-conversion-service>
- *In-ear noise cancellers:*  
[www.loopearplugs.com](http://www.loopearplugs.com)

