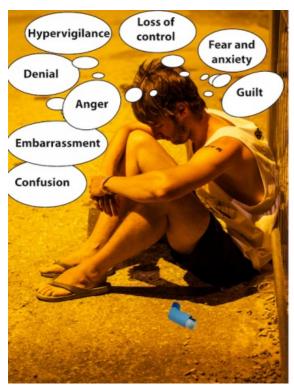
## Support learner wellbeing



**Source:** Ministry of Education

View full image (728 KB)

## Social and emotional wellbeing

## Strategies supporting children and young people

- · Asthma management plans need to be sensitive to psychosocial factors.
- Help young people acknowledge and accept the feelings they're having.
- Encourage young people to take an active role in managing their asthma.
- Teach relaxation exercises, mindfulness or meditation.

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