Inclusive Education

From

Guide: Behaviour and learning

Strategy: Support emotional wellbeing and positive mental health

Suggestion: Anticipate, monitor, and plan for responding to child stress

Date

15 May 2024

Link

inclusive.tki.org.nz/guides/behaviour- and -learning/anticipate-monitor- and -plan-for-responding-to-child-delay of the control of the cont

stress

Ensure students are known

Get to know and understand each student and identify potentially difficult times or situations that may be stressful or difficult for them.

Keep up-to-date and maintain an interest in a student's life beyond school.

This will help you to:

- eliminate or minimise situations that may cause unnecessary stress (for example, changes in routine, rushing, illness, sensory overload, turn taking, being reprimanded in front of others, things happening at home)
- identify the student's personal signs of stress or unhappiness and intervene early
- have a timely conversation with a student about what you have noticed and how to develop coping strategies
- more accuratelly interpret wider classroom/playground behaviour and pre-empt potential areas of conflict.

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