

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Support emotional wellbeing and positive mental health](#)

Suggestion: [Offer relaxation options and downtime activities](#)

Date

16 May 2024

Link

inclusive.tki.org.nz/guides/behaviour-and-learning/offer-relaxation-options-and-downtime-activities

Take mindfulness breaks

Use these brain breaks to support ākonga to take time out to **practise calm** for their mind, body and soul.

Invite students to share knowledge about calming or grounding activities from their own culture.



Video hosted on Youtube <http://youtu.be/9g8N6qsQcxo>

No captions or transcript

Source:

[Melon Manual](#)

<https://www.youtube.com/channel/UCjdWlF3XdoNGGm1cGRon03g>

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

