

Reflective questions

Adapt for your own context.

- ✓ How do you model the use of relaxation techniques to manage your own stress?
- ✓ How could you strengthen a culture that values self-care as an integral part of wellbeing?
- ✓ What small changes could you suggest to increase the relaxation options in your learning space?
- ✓ How can you include calming or grounding activities that draw from the cultures represented in your classroom?
- ✓ How will you connect the strategies you include in the classroom to [a Māori perspective](#) on mindfulness?

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