

Useful resources



The dyslexia-stress-anxiety connection

Read time: 10 min

This resource explains stress and anxiety and how they connect with dyslexia. It includes a step-by-step guide for supporting individuals to de-stress.

Publisher: International Dyslexia Association

[Visit website](#)



Questionnaire for students

Questions to ask your students to find out how they are feeling and what they need to access the curriculum.

[Download PDF \(72 KB\)](#)



See dyslexia differently

This animation illustrates the challenges children with dyslexia face while also acknowledging their strengths and potential. A companion teacher resource is linked in the video description.

Publisher: The British Dyslexia Association

[Visit website](#)

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