

Tools to manage emotions

Support students to recognise how their emotional state impacts their learning.

Introduce a range of approaches that students can access independently, such as:

- moving to a quiet calm space
- playing with a fidget object
- getting some fresh air
- taking a movement or exercise break
- listening to music
- taking a food and water break
- buddy time
- access to a mentor for support
- leaving the room
- practising a breathing technique.

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