Inclusive Education

From

Guide: Asthma and learning

Strategy: Create inclusive learning environments

Suggestion: Support participation and build confidence

Date

09 August 2025

Link

inclusive.tki.org.nz/guides/asthma-and-learning/support-participation-and-build-confidence

Ask learners what helps

Reduce feelings of anxiety and minimise barriers to participation.

Ask learners to share their perspectives, what works for them, and the support they need. Find out from children and young people:

- ✓ how they want to access their asthma medication
- ✓ how they want to communicate their health needs
- activities or learning situations that increase their levels of stress or uncertainty
- ✓ the information they would like shared about their asthma and the best ways to share this
- ✓ how to support specific concerns, such as participation in exercise or sport.

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