

Inclusive Education

From

Guide: [Autism and learning](#)

Strategy: [Key areas of support](#)

Suggestion: [Minimise sensory challenges](#)

Date

06 June 2026

Link

[inclusive.tki.org.nz/guides/autism-and-learning/minimise-sensory-challenges](https://inclusive.tki.org.nz/guides/autism-and-learning/minimise-sensory-challenges)

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## Understand and manage sensory differences

Work with students and whānau to understand sensory differences, minimise sensory triggers, and create a positive learning environment.

- ✓ Understand how the student is affected by different types of sensory input.
- ✓ Understand how students react to different sensory experiences such as sounds, lighting, tastes, colours, smells, textures or fabrics.
- ✓ Develop the student's awareness of their sensory challenges and strategies to cope with overload and anxiety.
- ✓ Develop and share systems to identify and manage the early stages of sensory overload.

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