

Inclusive Education

From

Guide: [Autism and learning](#)

Strategy: [Key areas of support](#)

Suggestion: [Minimise sensory challenges](#)

Date

08 August 2025

Link

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

---

## 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.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

---

