

Useful approaches and activities

Always consider the needs and sensitivities of all your students before including any activity.

Adapt as needed.

- ✓ [60-second strategy: Snowball toss](#)
- ✓ [60-second strategy: Do now sheets](#)
- ✓ [Demonstrating self-regulation with tone of voice](#)
- ✓ [60-second strategy: TUMS at the door](#)
- ✓ [Peace corner: Creating safe space for self reflection](#)
- ✓ [Getting ready to learn with mindfulness](#)
- ✓ [Fostering belonging with classroom norms](#)

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.
