Inclusive Education

From

Guide: Behaviour and learning

Strategy: Support emotional wellbeing and positive mental health

Suggestion: Anticipate, monitor, and plan for responding to child stress

Date

26 April 2024

Link

inclusive.tki. or g.nz/guides/behaviour- and -learning/anticipate-monitor- and -plan-for-responding-to-child-delication and -plan-for- and

stress

Ensure students are known

Get to know and understand each student and identify potentially difficult times or situations that may be stressful or difficult for them.

Keep up-to-date and maintain an interest in a student's life beyond school.

This will help you to:

- eliminate or minimise situations that may cause unnecessary stress (for example, changes in routine, rushing, illness, sensory overload, turn taking, being reprimanded in front of others, things happening at home)
- identify the student's personal signs of stress or unhappiness and intervene early
- have a timely conversation with a student about what you have noticed and how to develop coping strategies
- more accuratelly interpret wider classroom/playground behaviour and pre-empt potential areas of conflict.

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