

# Use a strengths based planning approach

Components of a support plan may include:

- shared protocols, privacy and the best ways to communicate together
- ākonga strengths, interests and preferences
- ākonga and whānau aspirations
- people who can provide support, both in and outside of school, including who to contact when challenges occur
- strategies and routines to help ākonga to thrive
- environments and options to support ākonga success
- things that cause distress and known signs of distress
- strategies that can be used to support ākonga when distressed, such as ways to approach and talk to ākonga, quiet spaces, time out or movement breaks and visuals or thinking routines
- “safe” or preferred activities to de-escalate difficult situations
- when the plan will be reviewed and what might trigger a review.

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