

Offer relaxation options and downtime activities

A suggestion for implementing the strategy 'Support emotional wellbeing and positive mental health' from the Guide: [Behaviour and learning](#)

-
- Includes:**
- Take mindfulness breaks
 - Offer tools to release tension
 - Create a calming box
 - Kinesthetic strategies
 - Reflective questions
 - Useful resources

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Support emotional wellbeing and positive mental health](#)

Suggestion: [Offer relaxation options and downtime activities](#)

Date

12 October 2021

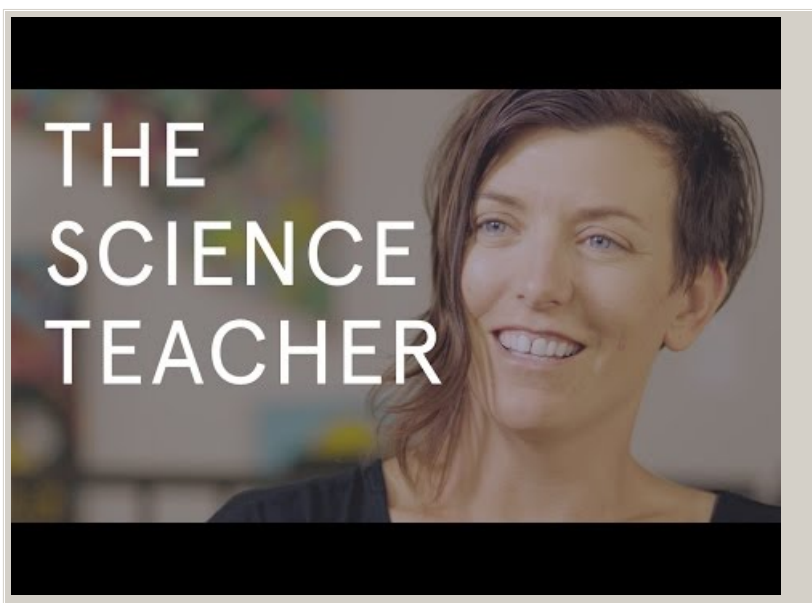
Link

inclusive.tki.org.nz/guides/behaviour-and-learning/offer-relaxation-options-and-downtime-activities

Take mindfulness breaks

A science teacher recommends the app [Headspace](#) to guide mindfulness breaks in the classroom.

Invite students to share knowledge about calming or grounding activities from their own culture.



Video hosted on Youtube <http://youtu.be/EdfWJMyI1H4>

No captions or transcript

Source:

[Headspace \(US\)](#)

<https://www.youtube.com/user/Getsomeheadspace/videos>

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Offer tools to release tension

Movement often reduces tension and assists concentration.

Regular breaks throughout the day, supported by sensory tools, help students to stay focused and calm the nervous system.

Identify with students a range of equipment they would like to use. Consider:

- swiss balls
- ergonomic chairs
- adjustable seating
- equipment, such as bean bags, stress balls, [fidget toys](#)
- height-adjustable tables
- noise-reducing headphones
- weighted blanket

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Create a calming box

Create a calm box for your classroom.

Ask students to recommend objects to reduce agitation or self-soothe.

Include brain break activities.

Adapt to match age group.

Calming box ideas			
Word search	Rubik's Cube	Mini massager	Beads to string
Fidgets	Small puzzle	Playdough	Stress balls
Eye mask	Weaving activity	Snow globe or kaleidoscope	Weighted blanket
Noise cancelling headphones	Colouring or drawing activity and pens	Collection of heavy stones or decorative eggs to hold	Visual calm down strategy cards
MP3 player with audio books, music guided meditations, or breathing exercises			

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Kinesthetic strategies



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

[View full image \(1.8 MB\)](#)

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Reflective questions

Adapt for your own context.

- ✓ How do you model the use of relaxation techniques to manage your own stress?
- ✓ How could you strengthen a culture that values self-care as an integral part of wellbeing?
- ✓ What small changes could you suggest to increase the relaxation options in your learning space?
- ✓ How can you include calming or grounding activities that draw from the cultures represented in your classroom?
- ✓ How will you connect the strategies you include in the classroom to [a Māori perspective](#) on mindfulness?

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Useful resources



6 second pause strategy and posters

Publisher: Goalbook

[Visit website](#)



Managing emotions: Sparklers

Publisher: Sparklers

[Visit website](#)



Mindfulness practice – free resources

Publisher: Mindfulness Education Group

[Visit website](#)

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