

Inclusive Education

From

Guide: [Behaviour and learning](#)

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

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

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13 October 2021

Link

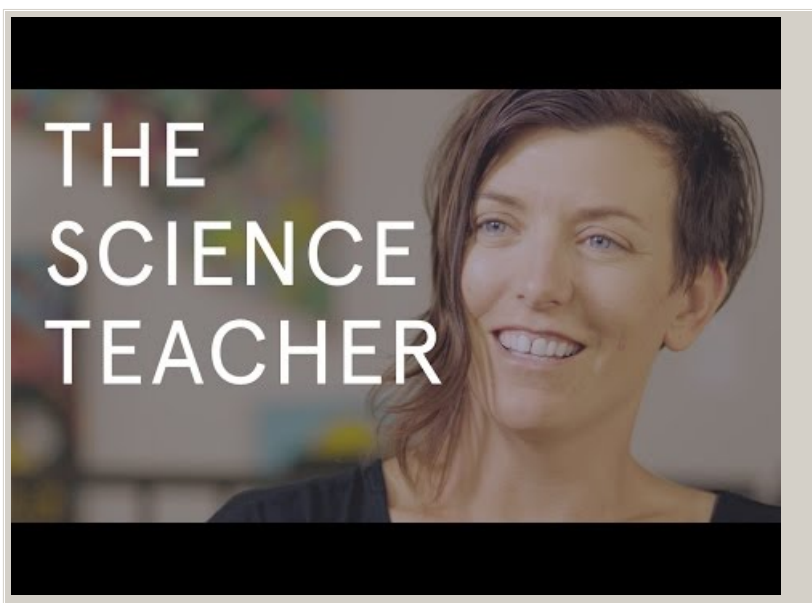
[inclusive.tki.org.nz/guides/behaviour-and-learning/offer-relaxation-options-and-downtime-activities](http://inclusive.tki.org.nz/guides/behaviour-and-learning/offer-relaxation-options-and-downtime-activities)

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## 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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