

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Embed social and emotional learning](#)

Suggestion: [Offer social and emotional supports](#)

Date

19 June 2026

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/offer-social-and-emotional-supports](https://inclusive.tki.org.nz/guides/behaviour-and-learning/offer-social-and-emotional-supports)

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## Respond to ākongā needs

Identify areas of need and strengths in your classroom.

Offer a kete of emotional supports that ākongā can use when they need them.

- Visuals to support key strategies.
- Frameworks for understanding emotional states, such as the zones of regulation.
- Language to use when emotions are heightened.
- Breathing techniques to give time to think and process emotions.
- Systems for taking time out or a movement break.
- Protocols for using calming areas.
- Thinking frameworks to help students to solve problems as they arise, such as the learning pit.
- Calming activities box with familiar and favourite items.
- A sensory kete – see [Sensory kete– Sparklers](#).

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