

Consider readiness for challenges

Being proactive does not always mean removing stressors.

Completely removing things that create stress will mean ākongā do not have the opportunity to build skills. On the other hand, when the level of challenge exceeds ākongā ability to cope, it is likely to lead to distress and harm.

Strong relationships help us to know ākongā and to know what works for them, what causes distress and what level of challenge they are ready for.

Decisions about actions depend on many complex and interrelated factors such as ākongā readiness and how the day is going for all parties. It is important to be flexible and to be kind to everyone involved, including yourself.

Sometimes quick easy solutions are the right choice. For example, moving jostling students apart. At other times, they are not the right choice because they don't address underlying issues.

Simply moving students apart may ignore underlying issues such as not understanding the task, social or relational problems, or the need for movement breaks.

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