

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond in challenging situations](#)

Suggestion: [Recognise](#)

Date

18 June 2026

Link

inclusive.tki.org.nz/guides/behaviour-and-learning/recognise

Identify and understand distress

Some ākonga may experience daily stressors that can overwhelm them if not understood and addressed.

For example:

- certain sounds and sights
- being asked to do something they cannot do
- fear of disappointing or upsetting others
- perceived loss of control
- being excluded from a group or activity
- not having access to assistive technology or other supports
- unexpected events or situations
- unsettling interactions between peers.

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