

Build a kete of options

Build a kete of strategies and options with ākonga and whānau to use when ākonga begin to feel dysregulated.

The suggestions in this list were gathered from ākonga Māori and Pasifika, disabled ākonga and their whānau in response to the question “What helps me feel calm/helps me when I’m stressed?”

- ✓ Kaiako staying calm and reassuring me.
- ✓ Kaiako letting me do something different or fun, or offering me things that will help me.
- ✓ Giving me responsibility for something, or asking me to help so I can focus on that.
- ✓ Using fidget toys, squeeze balls or other tactile objects.
- ✓ Chilling out in the sensory room, or going somewhere cosy and quiet for a power-nap.
- ✓ Using noise-cancelling headphones.
- ✓ Going outside for fresh air or a run around the field.
- ✓ Talking to friends that I trust, or calling my whānau if I need to.

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