

# Respond to patterns of aggression

Work as a team to identify and address factors that shape behaviour. Develop agreed strategies and ways to respond in times of challenge.

Also read these pages in this guide:

- [Foster positive relationships](#)
- [Foster wellbeing](#)
- [Embed social and emotional skills](#)
- [Design learning environments](#)

Work with ākonga and whānau to understand what shapes the behaviour.

- Build trusting positive relationships.
- Use approaches that foster wellbeing and teach social and emotional skills.
- Review environments and teaching and learning to ensure the needs of the learner are being met.
- Develop a support plan that includes strengths as well as things that cause distress and known signs of distress.
- Develop early response strategies that can be used to support ākonga at the onset of distress such as ways to approach and talk to ākonga, quiet spaces, time out or movement breaks and visuals or thinking routines.
- Rehearse early response strategies with ākonga and whānau.

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