

# Distract or redirect

At the early stages of distress, you may be able to distract or redirect ākongā. Note that distraction and redirection do not address underlying issues. This means they may be ineffective in the long term.

For example:

- Remove, eliminate or reduce unnecessary demands.
- Distract and draw ākongā attention to a known activity or thing of interest.
- Offer alternative desired options, for example, offer fidget items as an alternative to jostling others.
- Offer simple choices, for example, if ākongā appear to be distressed at noise levels offer headphones or a change to a quieter space.
- Offer a break, for example, if a child is upset, offer a movement break or time out in a quiet space.
- Interrupt challenging situations, for example, giving ākongā responsibility for something or inviting ākongā to complete a short task such as clearing the board, helping the teacher or delivering notices.

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