

Help everyone to settle

Ensure everyone has access to what they need to recover.

For example:

- Offer a drink or cuppa, a walk, food or music.
- Personalised or class calming activities box.
- When possible, have someone with a solid connection with the ākonga nearby.
- Offer opportunities to connect with trusted peers, teachers, colleagues and leaders.
- Use karakia, waiata or support from kaumātua.
- Reinforce calming strategies.
- Refer to any support plans. For example look at prior agreements with whānau about strategies and actions.

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