

Teach coping strategies

A suggestion for implementing the strategy

'Foster wellbeing and mental health' from the

Guide: [Behaviour and learning](#)

Includes:

Getting past getting stuck

Practise useful strategies

Respond to ākonga needs

Offer practical activities

Use the A to Z of coping strategies

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Foster wellbeing and mental health](#)

Suggestion: [Teach coping strategies](#)

Date

10 June 2026

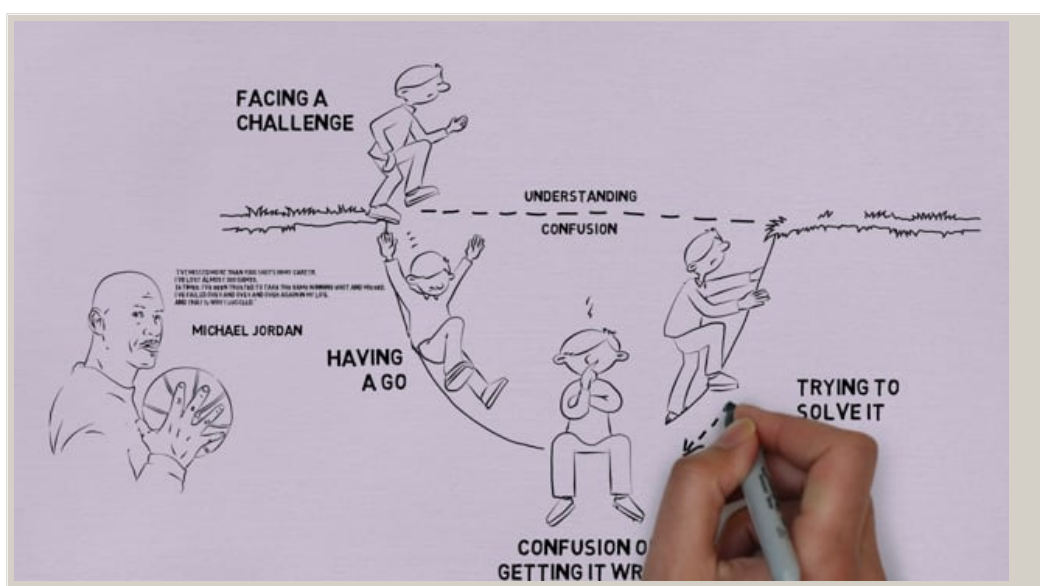
Link

inclusive.tki.org.nz/guides/behaviour-and-learning/teach-coping-strategies

Getting past getting stuck

Getting stuck can cause frustration and embarrassment.

Introduce students to the "learning pit" and support them to learn what to do when they don't know what to do..



Video hosted on Vimeo <http://vimeo.com/117364809>

Closed Captions

Source:

[Kenilworth Learning \(UK\)](#)

<https://vimeo.com/user36603816>

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Practise useful strategies

Social and emotional learning

A collection of cards and activities to support social and emotional learning

Health and PE curriculum materials



Source:

[Ata resource collection, Ministry of Education](#)

<https://newzealandcurriculum.tahurangi.education.govt.nz/5637175364.p>

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Respond to ākongā needs

Identify areas of need and strengths in your classroom. Offer a kete of coping strategies that ākongā can use when they need them.

For example:

- Visuals to support calming strategies.
- Frameworks for understanding emotional states such as the zones of regulation.
- Language to use when emotions are heightened.
- Breathing techniques to give time to think and process emotions.
- Systems for taking time out or a movement break.
- Protocols for using calming areas.
- Thinking frameworks to help students to solve problems as they arise such as the learning pit
- Calming activities box
- [Sensory Kete](#)

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Offer practical activities

	
<p>MANAGING EMOTIONS</p> <h3>The Faces Game</h3> <p>A game for identifying, naming and sharing emotions.</p> <p>VIEW ACTIVITY</p>	<p>READY FOR LEARNING</p> <h3>Energy Rollercoaster</h3> <p>An activity for thinking about and adjusting our energy levels.</p> <p>VIEW ACTIVITY</p>

Source:

[Sparklers - Managing emotions activities](#)

<https://sparklers.org.nz/activities/?topic=Managing%20emotions>

[View full image \(392 KB\)](#)

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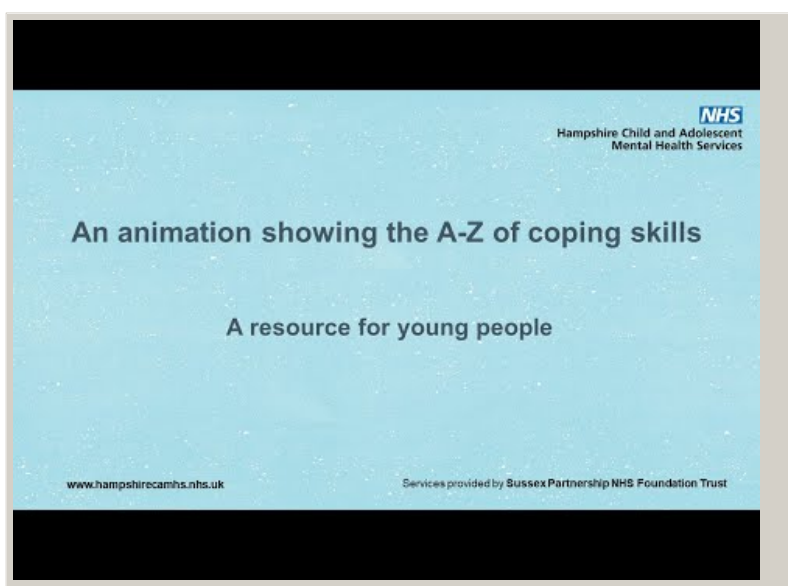
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Use the A to Z of coping strategies

This video, A to Z of coping strategies, has ideas, strategies and techniques to help a young person to cope better if they are experiencing stresses and pressures which are making them feel in crisis.



Video hosted on Youtube <http://youtu.be/5EXpkVw3fho>

Closed Captions

Source:

[Sussex Partnership NHS Foundation Trust](https://www.youtube.com/watch?v=5EXpkVw3fho)

<https://www.youtube.com/watch?v=5EXpkVw3fho>

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