

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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