

Teach relaxation techniques

A suggestion for implementing the strategy 'Foster wellbeing and mental health' from the Guide: [Behaviour and learning](#)

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- Includes:**
- Use Hikitia te hā
 - Recognise positive benefits
 - Learn effective techniques
 - Use culturally sustaining approaches
 - Create a calming box

Inclusive Education

From

Guide: [Behaviour and learning](#)

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

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Date

18 June 2026

Link

inclusive.tki.org.nz/guides/behaviour-and-learning/teach-relaxation-techniques

Use Hikitia te hā

Hikitia te hā is a set of traditional Māori breathing and mindfulness sequences available from the Sparklers website.



Video hosted on Youtube <http://youtu.be/TlvltQo3Ynk>

Closed Captions

Source:

[Hikitia te hā, Sparklers](#)

<https://sparklers.org.nz/activities/hikitia-te-h%C4%81-traditional-mindful-breathing/>

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Recognise positive benefits

St Mark's Church School
Deputy Principal Erica
Harvison can see the
positive benefits of tools
that help learners
consider their emotions
and deal with conflict.

When there's an issue, instead of an explosive reaction, it stops them in their tracks and gives them a moment.

Erica

Source:

[Education Gazette](#)

<https://gazette.education.govt.nz/articles/integrating-mindfulness-into-learning/>

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Learn effective techniques

Students from Greenmeadows School showcase their Pause, Breathe, Smile mindfulness programme using Te Whare Tapa Whā.

Pause, Breathe, Smile

is a NZ mindfulness programme.



Video hosted on Youtube <http://youtu.be/rP5J29hru6Q>

Closed Captions

Source:

[Pause Breathe Smile](#)

<https://www.youtube.com/watch?v=rP5J29hru6Q>

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Use culturally sustaining approaches

Ngā Aronga e Ono, or Six Directions, is a Pause, Breathe, Smile resource that helps us to connect with space in all directions: to the right, left, forwards, backwards, upwards, and downwards.



Video hosted on Youtube <http://youtu.be/9DhvZ4RrU6c>

Closed Captions

Source:

[Pause, Breathe, Smile](#)

<https://pausebreathesmile.nz/free-resources/>

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Create a calming box

Create a calming box for your classroom or individual students. Ask students to recommend objects to reduce agitation or self-soothe.

Calming box ideas

- Word search
- Rubik's Cube
- Mini massager
- Beads to string
- Fidgets
- Small puzzle
- Playdough
- Stress balls
- Eye mask
- Weaving activity
- Snow globe or kaleidoscope
- Weighted blanket
- Noise cancelling headphones
- Colouring or drawing activity and pens
- Collection of heavy stones or decorative eggs to hold
- Visual calm down strategy cards.

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