

# 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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