

Recognise the "Window of tolerance"

The "Window of tolerance" is a metaphor that can be helpful when working with students. The window of tolerance is the optimal zone, where ākongā can deal with stress and challenge effectively.

The "Window of tolerance" describes a state where the nervous system is well regulated.

Some students may have a wide window that allows them to cope with high degrees of challenge and emotional intensity.

Other students, especially those who have experienced trauma, may have a narrow window of tolerance and may find it difficult to stay within the optimal zone for learning. Adverse experiences can narrow the window of tolerance and result in ākongā being overwhelmed more easily.

By understanding what ākongā may be experiencing in times of stress, staff can respond in ways that help ākongā to regulate.

Calm, thoughtful staff responses can prevent further trauma.

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