

# Reflection questions

Adapt and adjust for your own context.

**How could you reduce situations that may trigger anxiety** (for example, minimise changes in routine, cramped working spaces, noise, clutter, unstructured activity, frequent transitions)?

**Where could you teach and incorporate relaxation and coping strategies into the curriculum?**

**What processes will you use to regularly check-in with the child or young person?**

**How will you strengthen children and young people's self-advocacy skills?**

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