

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?

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.
