

## Inclusive Education

From

Guide: [Dyslexia and learning](#)

Strategy: [Supporting literacy and numeracy in NCEA](#)

Suggestion: [Recognise and manage stress and anxiety](#)

Date

20 June 2026

Link

[inclusive.tki.org.nz/guides/dyslexia-and-learning/recognise-and-manage-stress-and-anxiety](https://inclusive.tki.org.nz/guides/dyslexia-and-learning/recognise-and-manage-stress-and-anxiety)

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# Reduce anxiety

Recognise and help ākongā manage anxiety as they participate in literacy and numeracy learning and assessment activities.

- ✓ Reduce surprises and provide support when ākongā do a new task or assignment type for the first time.
- ✓ Give ākongā the chance to practice newly learned skills in a safe place.
- ✓ Create opportunities for ākongā to share successes (if they are comfortable to do so).
- ✓ Talk with ākongā about the ways in which their dyslexia influences their learning and what supports are useful and would be valuable in assessments.
- ✓ Make time to discuss recognising and managing anxiety with the whole class, provide options such as a padlet or anonymous box where learners can post questions or ask for help.
- ✓ Encourage ākongā to look ahead and anticipate key dates and pressure points, such as assignment deadlines or timed assessments and work through scenarios and solutions.
- ✓ Introduce and explore the concept of adopting a growth mindset.

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