

Reduce anxiety

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

- ✓ Reduce surprises and provide support when ākonga do a new task or assignment type for the first time.
- ✓ Give ākonga the chance to practice newly learned skills in a safe place.
- ✓ Create opportunities for ākonga to share successes (if they are comfortable to do so).
- ✓ Talk with ākonga 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 ākonga 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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