

# Understand emotions and stressors and build confidence

A suggestion for implementing the strategy  
'Helpful classroom strategies in years 1-8'  
from the Guide: [Dyslexia and learning](#)

- 
- Includes:**
- Recognise student effort
  - Recognise student strengths
  - Give students time
  - Listen and observe
  - Build a growth mindset
  - Useful resources

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From

Guide: [Dyslexia and learning](#)

Strategy: [Helpful classroom strategies in years 1-8](#)

Suggestion: [Understand emotions and stressors and build confidence](#)

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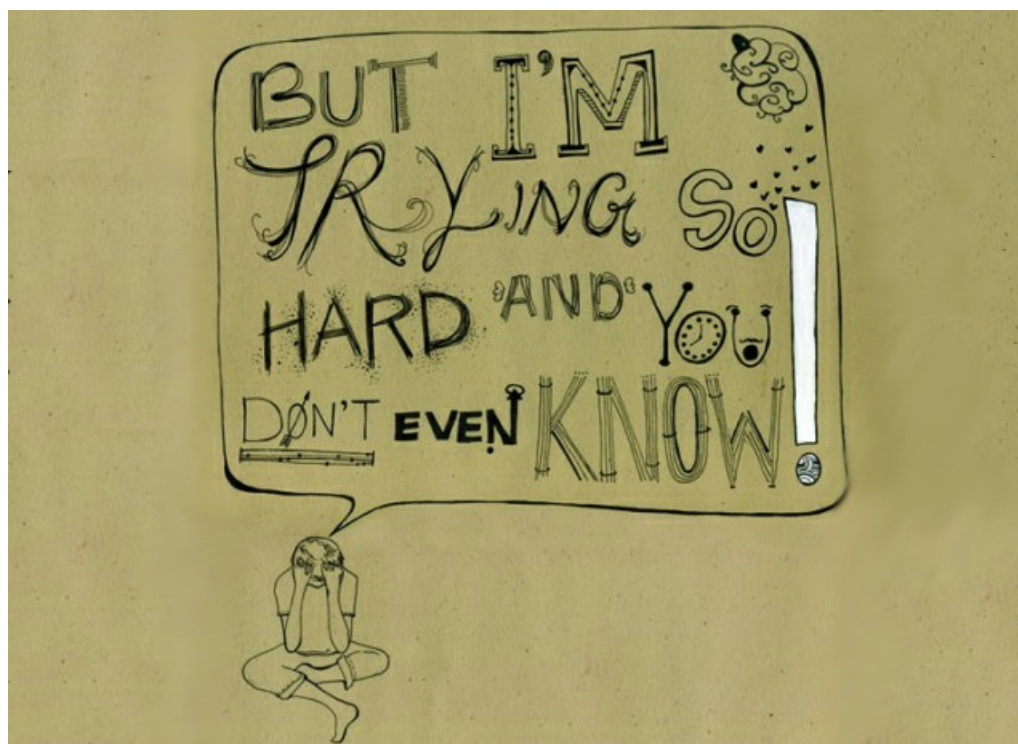
04 October 2021

Link

[inclusive.tki.org.nz/guides/dyslexia-and-learning/understand-emotions-and-stressors-and-build-confidence](http://inclusive.tki.org.nz/guides/dyslexia-and-learning/understand-emotions-and-stressors-and-build-confidence)

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## Recognise student effort



Source:

Poppytalk

<http://www.poppytalk.com/2007/03/hand-lettering.html>

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## Recognise student strengths

Get to know your students' strengths.

Provide regular opportunities for students to demonstrate and utilise their strengths and talents.

A strengths-based approach:

- enables the student to receive positive feedback
- builds their confidence as learners
- allows their peers to see them as successful.

Students feel confident and valued, rather than focusing on the frustration of what is not working well.

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## Give students time

Additional time reduces stress and enables the student to be successful.

- ✓ Provide students with extra time to complete tasks.
- ✓ Provide increased processing time, for example, deliberately pause after you ask a question and provide think-time.
- ✓ During tests, provide a short break in the middle, or break the test into two parts to be sat on different days.

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## Listen and observe

Loveday Lewthwaite explains the classroom accommodations she has made to support Josh, a year 7 student with dyslexia.

Recognising and utilising his strengths is part of this.



Video hosted on Youtube <http://youtu.be/fHys-TFz3s4>

No captions or transcript

Source:

[NZCER \(NZ\)](#)

<https://www.youtube.com/channel/UChMYjSxXeU7gb522kIQpNcg>

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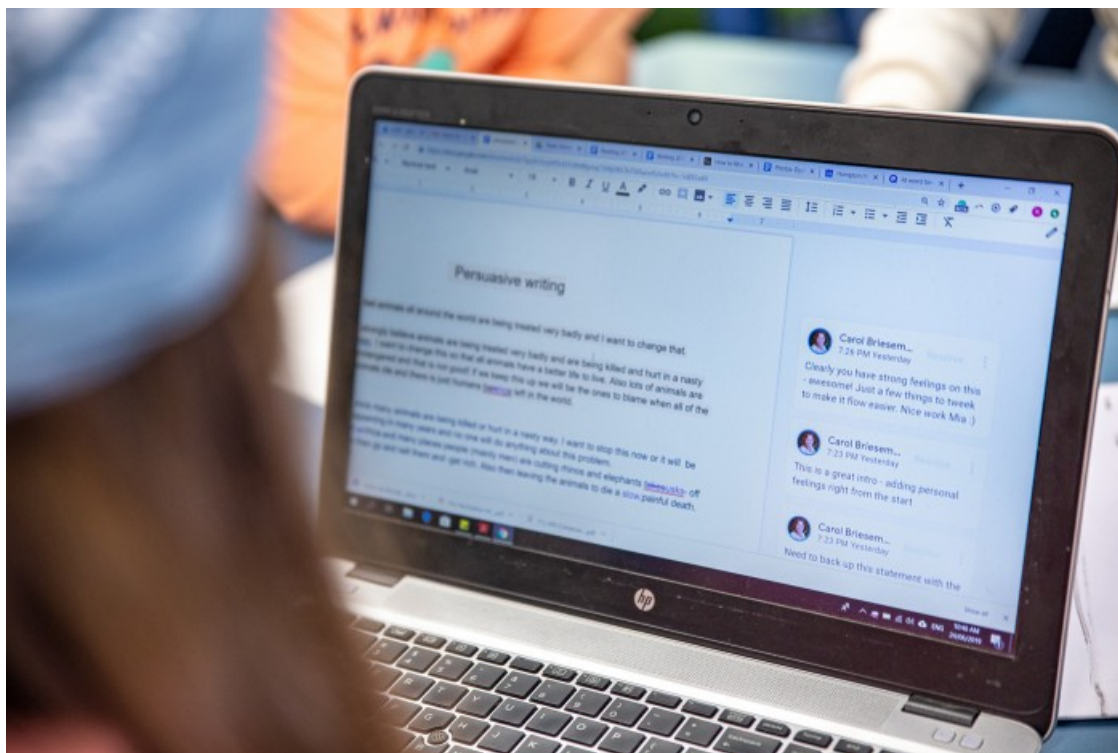
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## Build a growth mindset



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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## Useful resources



### The dyslexia-stress-anxiety connection

Read time: 10 min

Publisher: International Dyslexia Association

[Visit website](#)



### Questionnaire for students

Publisher: Ministry of Education | Te Tāhuhu o te Mātauranga

[Download PDF \(72 KB\)](#)



### See dyslexia differently

Publisher: The British Dyslexia Association

[Visit website](#)

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