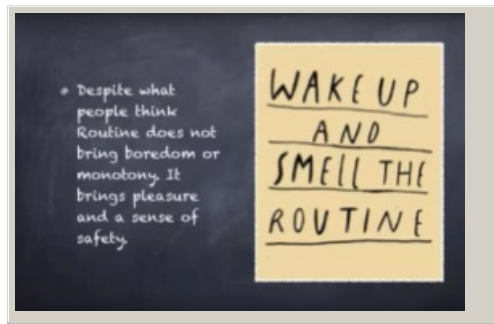


# Build routines

Consistent routines reduce stress and anxiety for students.

Develop simple routines, which are used daily to support successful learning and transitions with the students.



Video hosted on Youtube <http://youtu.be/qpbLnTvs2EQ>

No captions or transcript

**Source:**

[WRaP Schools \(Canada\)](#)

[https://www.youtube.com/channel/UChuAycUoRt\\_HkcbdXnKiV\\_Q](https://www.youtube.com/channel/UChuAycUoRt_HkcbdXnKiV_Q)

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