

Use trauma informed approaches

At Napier's Henry Hill School, their trauma-informed approach includes yoga, regular 'brain breaks' and Te Āhuru Mōwai, the sensory garden which forms a relaxing zone, grounding students in the natural world.



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

Closed Captions

Source:

[Prime Minister's Education Excellence Awards 2021](https://youtu.be/XgpYiLuRybc?si=IyO5RbrMh4xIOSzY)

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