

Inclusive Education

From

Guide: [Planning innovative learning environments \(ILEs\)](#)

Strategy: [Develop inclusive teaching practices](#)

Suggestion: [Identify barriers to learning and wellbeing, and ways to ease cognitive stress and overload](#)

Date

07 June 2026

Link

inclusive.tki.org.nz/guides/planning-innovative-learning-environments-iles/identify-barriers-to-learning-and-wellbeing-and-ways-to-ease-cognitive-stress-and-overload

Ask students what can help

Emotion and cognition are inextricably linked in the brain. Ask students what you can do to help them learn.



Video hosted on Vimeo <http://vimeo.com/100662365>

Closed Captions

Source:

[Ministry of Education, inclusive education videos \(NZ\)](#)

<https://vimeo.com/showcase/2950799>

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