

Consider student perspectives

The ways classrooms are organised and managed can create anxiety for some students.

Discuss possible triggers for anxiety with students and identify ways to reduce them:

- ✓ working in large, open spaces
- ✓ lining up in cramped spaces
- ✓ speaking in front of the class
- ✓ group work
- ✓ changing layout of furniture
- ✓ changing layout of rooms and spaces
- ✓ changes to routine
- ✓ lots of choices
- ✓ unable to see, read, or hear information
- ✓ noise levels
- ✓ bright lights and glare
- ✓ moving around the school with large numbers of people at once.
- ✓ hot seating (no fixed desk).

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.
