

Reduce students' stress

Emotional triggers and strategies to support

Triggers	Strategies
Surprise at a new task	<ul style="list-style-type: none">• Plan ahead where possible• Use multiple representations to support the new tasks (visual, audio)• Prepare students for transitions, ensure all students hear and see what is coming next
Negotiating spaces that may regularly change	<ul style="list-style-type: none">• Provide online and paper maps• Provide models that students can manipulate and talk about• Prepare students for change• Create familiar spaces that stay the same
Frustration with materials and tools	<ul style="list-style-type: none">• Allow students to chose what might work best for them• Offer choice and variety (digital and non-digital)• Introduce new tools with supported guidance
Social interactions and working collaboratively	<ul style="list-style-type: none">• Offer options for students to work alone or in a group• Let students know ahead of time the groups they will be working in• Provide verbal or visual prompts to support and promote collaborative interaction• Explicitly teach skills required for working collaboratively with others• Give direct instruction supported by visual and audio cues how long the activity may go for
Test or assessment anxiety	<ul style="list-style-type: none">• Be clear about the purpose and share this with your students• Offer multiple ways for students to express their understanding• Prepare students ahead of time with exemplars and opportunities to practice
Noise levels	<ul style="list-style-type: none">• Offer headphones• Provide quiet spaces• Provide calming spaces
Moving around crowded and large rooms	<ul style="list-style-type: none">• Define areas by colour, add visuals and clear labels• Create accessible, uncluttered pathways• Have a home base where students can return to if feeling overwhelmed
Self Confidence	<ul style="list-style-type: none">• Guide students to recognize when they are enjoying their learning• Build upon personal strengths• Support students ability to solve problems

Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

<https://www.inclusive.tki.org.nz/assets/inclusive-education/slide-images/Emotional-triggers-1.jpg>

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