

[Inclusive Education](#)

From

Guide: [Universal Design for Learning](#)

Strategy: [Design multiple means of Engagement](#)

Suggestion: [Design options for emotional capacity](#)

Date

14 June 2026

Link

[inclusive.tki.org.nz/guides/universal-design-for-learning/design-options-for-emotional-capacity](https://inclusive.tki.org.nz/guides/universal-design-for-learning/design-options-for-emotional-capacity)

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## Why this matters

Learners may learn to manage themselves and their emotions on their own, by trial and error or by observing others.

Many learners can benefit from more explicit supports ([CAST, 2024](#)).

[Design options for emotional capacity](#) focuses on how we support and extend emotional capacity while honouring variability among learners.

The guideline prompts us to consider how we:

- [recognise expectations, beliefs, and motivations](#)
- [develop awareness of self and others](#)
- [promote individual and collective reflection](#)
- [cultivate empathy and restorative practices](#).

The guideline also reminds us to consider:

- How will these options support learners in reaching their goals?
- Could any of these options create barriers or unnecessary challenges?
- Will all learners have fair and equal access to high-quality choices?
- How do these options reflect and respond to learner variability?

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