

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Support emotional wellbeing and positive mental health](#)

Suggestion: [Offer relaxation options and downtime activities](#)

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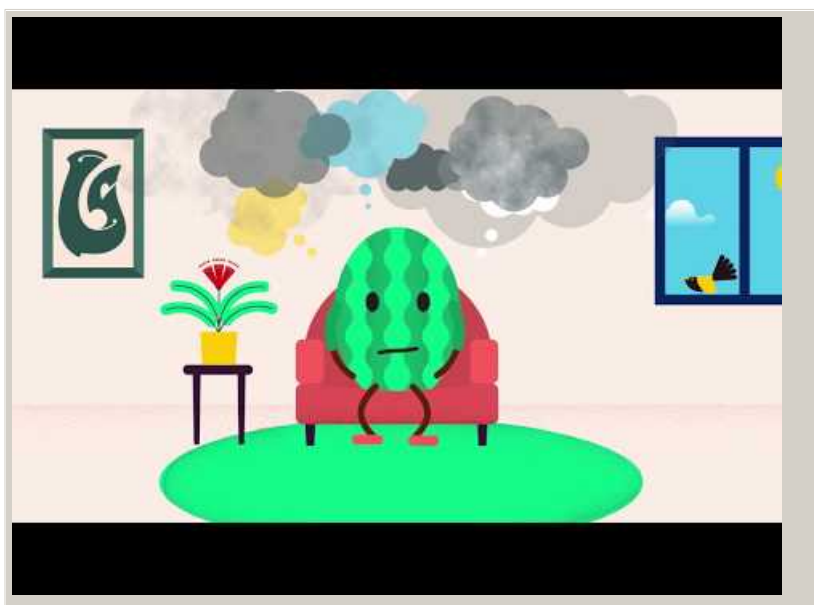
Link

inclusive.tki.org.nz/guides/behaviour-and-learning/offer-relaxation-options-and-downtime-activities

Take mindfulness breaks

Use these brain breaks to support ākonga to take time out to **practise calm** for their mind, body and soul.

Invite students to share knowledge about calming or grounding activities from their own culture.



Video hosted on Youtube <http://youtu.be/9g8N6qsQcxo>

No captions or transcript

Source:

[Melon Manual](#)

<https://www.youtube.com/channel/UCjdWIF3XdoNGGm1cGRon03g>

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