

Useful resources



Break cards

Break cards enable students to tell adults they need a break. Discuss and agree boundaries and expectations around how to use break cards. Three, free, downloadable break card options.

Publisher: Teachers Pay Teachers

[Visit website](#)



Self-coaching

Explanation of a technique for students to use by repeating words to provide calm and focus, especially in challenging situations.

Publisher: Goalbook

[Visit website](#)



Pause, breathe, smile mindfulness in schools

A researched based mindfulness programme developed for New Zealand schools and endorsed by the Mental Health Foundation of New Zealand.

Publisher: Mindfulness Education Group

[Visit website](#)

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.
