

Pay attention to specific needs or sensitivities

Make a point of understanding particular stressors for children and young people.

Ask students and their whānau:

- What situations create stress, such as certain types of noise, changes in routines, pain, or discomfort?
- What can you as the teacher do differently to remove or minimise stress points?
- What can we change in the classroom or school environment to reduce stress points?
- How can the student help themselves to return to a calm state if they become stressed?

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