

Useful resources



6 second pause strategy and posters

A set of posters for students introducing the calming strategy and its benefits.

Publisher: Goalbook

[Visit website](#)



Managing emotions: Sparklers

Classroom activities designed for students in years 1–8.

Publisher: Sparklers

[Visit website](#)



Mindfulness practice – free resources

A selection of short guided practices in Te Reo Māori and English for children and young adults to calm a busy or anxious mind.

Publisher: Mindfulness Education Group

[Visit website](#)

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