

Inclusive Education

From

Guide: [Behaviour and learning](#)

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

Suggestion: [Teach stress management, anxiety and coping skills](#)

Date

18 November 2019

Link

www.inclusive.tki.org.nz/guides/behaviour-and-learning/teach-stress-management-anxiety-and-coping-skills

Teach deep breathing exercises

Deep breathing exercises can help a student calm down by focusing on the here and now.

They redirect the mind away from anxiety-provoking events from the past or fears of what might happen in the future.

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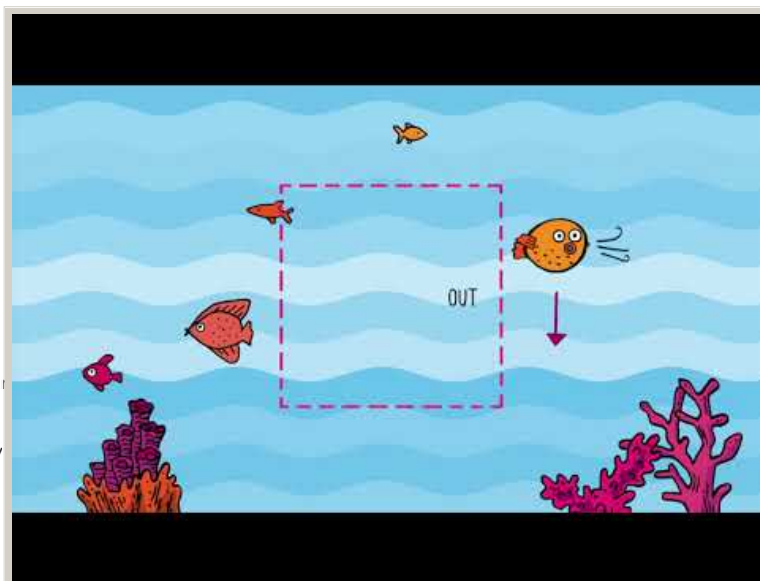
Information on the Inclusive Education website is regularly updated.

Source: [Stop, Breathe & Think \(US\)](#) No captions or transcript

Source:

[Stop, Breathe & Think \(US\)](#)

<https://www.youtube.com/channel/UCkBgzEEqnP9kMif5VChd99Q>



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Video hosted on Youtube <http://youtu.be/YFdZXwE6fRE>

