

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

Use the 5-point scale for anxiety

Introduce **the 5-point scale** to teach social and emotional skills through a systems approach.

Source: [Autism Live \(US\)](#) No captions or transcript

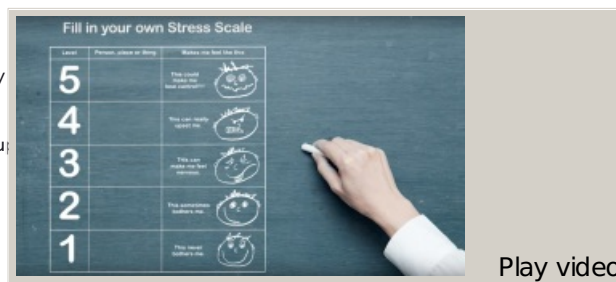
Source:

[Autism Live \(US\)](#)

<https://www.youtube.com/channel/UCSR-PtIMWK7QzRHKDKJItRA>

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Play video

Video hosted on Youtube <http://youtu.be/L2zZOxSwkzI>

