

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

Useful resources

Break cards

Publisher: Teachers Pay Teachers

[Visit website](#)

Self-coaching

Publisher: Goalbook

[Visit website](#)

Pause, breathe, smile mindfulness in schools

Publisher: Mindfulness Education Group

[Visit website](#)

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