

## Reduce anxiety

Recognise and help ākonga manage anxiety as they participate in literacy and numeracy learning and assessment activities.

- ✓ Reduce surprises and provide support when ākonga do a new task or assignment type for the first time.
- ✓ Give ākonga the chance to practice newly learned skills in a safe places.
- ✓ Create opportunities for ākonga to share successes (if they are comfortable to do so).
- ✓ Talk with ākonga about the ways in which their dyslexia influences their learning and what supports are useful and would be valuable in assessments.
- ✓ Make time to discuss recognising and managing anxiety with the whole class, provide options such as a padlet or anonymous box where learners can post questions or ask for help.
- ✓ Encourage ākonga to look ahead and anticipate key dates and pressure points, such as assignment deadlines or timed assessments and work through scenarios and solutions.
- ✓ Introduce and explore the concept of adopting a growth mindset.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

