

# Understand emotions and stressors and build confidence

A suggestion for implementing the strategy  
'Helpful classroom strategies in years 1-8'  
from the Guide: [Dyslexia and learning](#)

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## **Includes:**

- Recognise student effort
- Recognise student strengths
- Give students time
- Listen and observe
- Build a growth mindset
- Useful resources

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From

Guide: [Dyslexia and learning](#)

Strategy: [Helpful classroom strategies in years 1-8](#)

Suggestion: [Understand emotions and stressors and build confidence](#)

Date

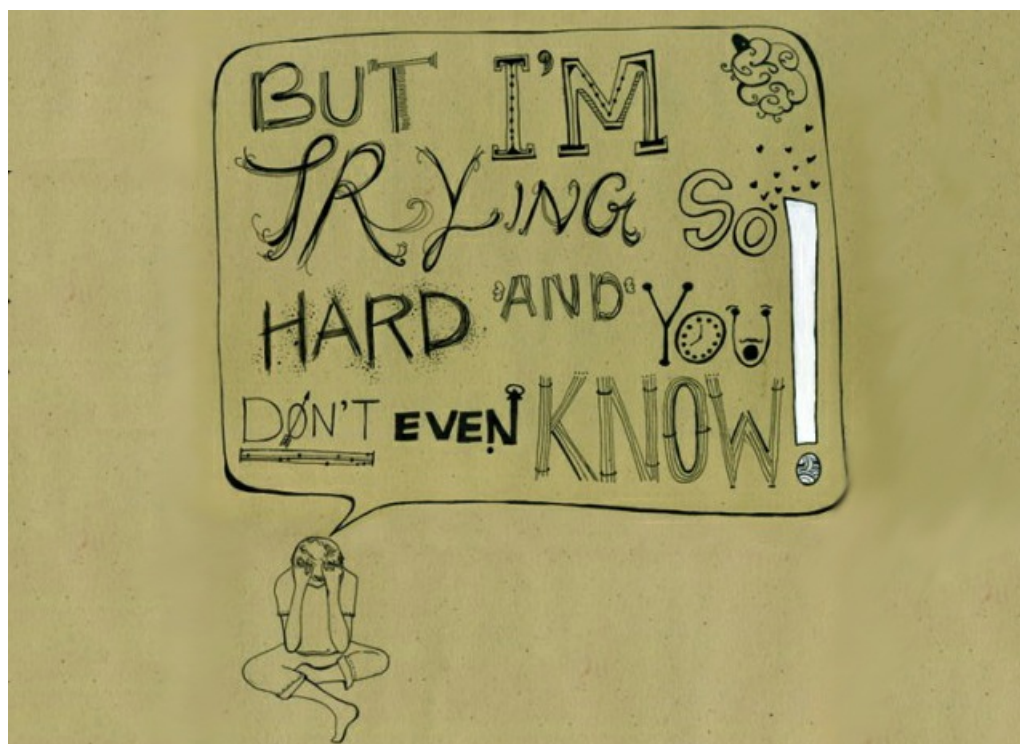
27 April 2024

Link

[inclusive.tki.org.nz/guides/dyslexia-and-learning/understand-emotions-and-stressors-and-build-confidence](http://inclusive.tki.org.nz/guides/dyslexia-and-learning/understand-emotions-and-stressors-and-build-confidence)

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## Recognise student effort



Source:

Poppytalk

<http://www.poppytalk.com>

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## Recognise student strengths

Get to know your students' strengths.

Provide regular opportunities for students to demonstrate and utilise their strengths and talents.

A strengths-based approach:

- enables the student to receive positive feedback
- builds their confidence as learners
- allows their peers to see them as successful.

Students feel confident and valued, rather than focusing on the frustration of what is not working well.

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## Give students time

Additional time reduces stress and enables the student to be successful.

- ✓ Provide students with extra time to complete tasks.
- ✓ Provide increased processing time, for example, deliberately pause after you ask a question and provide think-time.
- ✓ During tests, provide a short break in the middle, or break the test into two parts to be sat on different days.

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## Listen and observe

Loveday Lewthwaite explains the classroom accommodations she has made to support Josh, a Year 7 student with dyslexia. Recognising and utilising his strengths is part of this.



Video hosted on Youtube <http://youtu.be/fHys-TFz3s4>

No captions or transcript

Source:

[NZCER \(NZ\)](#)

<https://www.youtube.com/channel/UChMYjSxXeU7gb522kIQpNcg>

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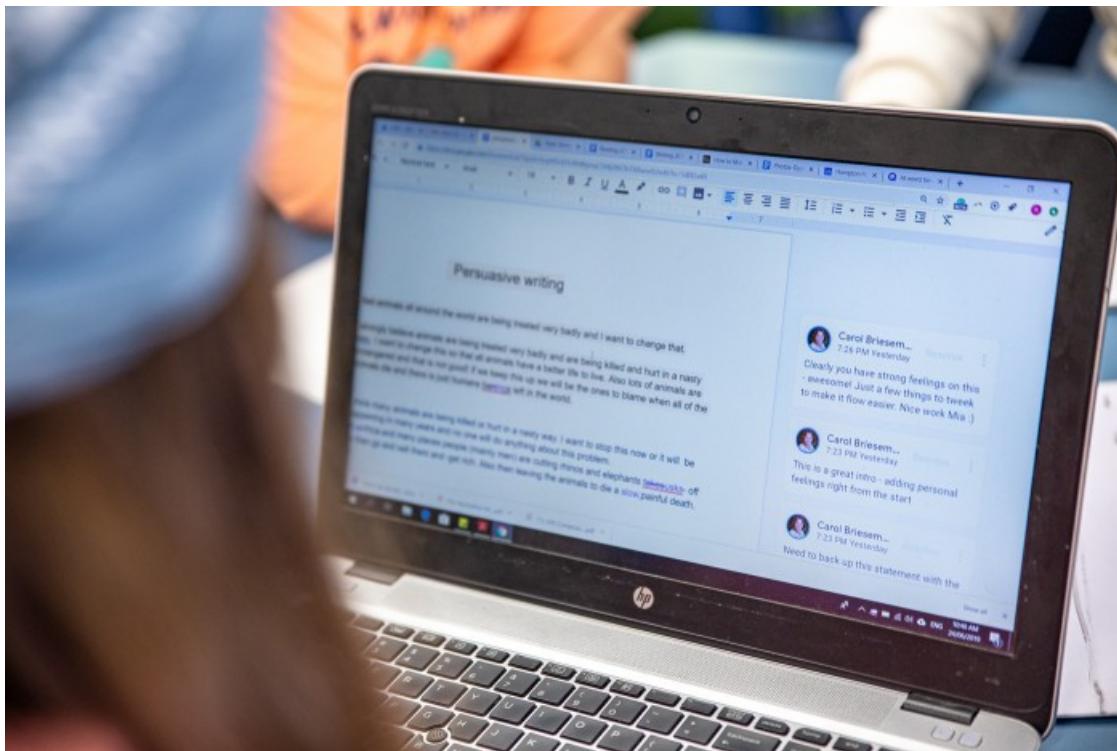
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## Build a growth mindset



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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## Useful resources



### The dyslexia-stress-anxiety connection

Read time: 10 min

This resource explains stress and anxiety and how they connect with dyslexia. It includes a step-by-step guide for supporting individuals to de-stress.

Publisher: International Dyslexia Association

[Visit website](#)



### Questionnaire for students

Questions to ask your students to find out how they are feeling and what they need to access the curriculum.

[Download](#) PDF (72 KB)



### See dyslexia differently

This animation illustrates the challenges children with dyslexia face while also acknowledging their strengths and potential. A companion teacher resource is linked in the video description.

Publisher: The British Dyslexia Association

[Visit website](#)

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