

## Inclusive Education

From

Guide: [Planning innovative learning environments \(ILEs\)](#)

Strategy: [Support inclusive teaching practices](#)

Suggestion: [Identify barriers to learning and wellbeing, and ways to ease cognitive stress and overload](#)

Date

23 January 2019

Link

[www.inclusive.tki.org.nz/guides/planning-innovative-learning-environments-iles/identify-barriers-to-learning-and-wellbeing-and-ways-to-ease-cognitive-stress-and-overload](http://www.inclusive.tki.org.nz/guides/planning-innovative-learning-environments-iles/identify-barriers-to-learning-and-wellbeing-and-ways-to-ease-cognitive-stress-and-overload)

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# Consider student perspectives

The ways classrooms are organised and managed can create anxiety for some students.

Discuss possible triggers for anxiety with students and identify ways to reduce them:

- ▲ working in large, open spaces
- ▲ lining up in cramped spaces
- ▲ speaking in front of the class
- ▲ group work
- ▲ changing layout of furniture
- ▲ changing layout of rooms and spaces
- ▲ changes to routine
- ▲ lots of choices
- ▲ unable to see, read, or hear information
- ▲ noise levels
- ▲ bright lights and glare
- ▲ moving around the school with large numbers of people at once.
- ▲ hot seating (no fixed desk).

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