

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

22 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

Reduce students' stress



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[Ministry of Education | Te Tāhuhu o te Mātauranga](#)

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Emotions vary across subjects, tasks, and times of day. Use [these strategies](#) to reduce stress, build a positive emotional environment, and support students to develop emotional resilience.

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