

[Inclusive Education](#)

From

Guide: [Universal Design for Learning](#)

Strategy: [Support engagement in learning](#)

Suggestion: [Provide options for self-regulation](#)

Date

21 January 2019

Link

www.inclusive.tki.org.nz/guides/universal-design-for-learning/provide-options-for-self-regulation

Tools to manage emotions

Support students to recognise how their emotional state impacts their learning.

Introduce a range approaches that students can access independently, such as:

- moving to a quiet calm space
- playing with a fidget object
- getting some fresh air
- taking a movement or exercise break
- listening to music
- taking a food and water break
- buddy time
- access to a mentor for support
- leaving the room
- practising a breathing technique.

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