

# Useful resources



## Emotional triggers and strategies to support

Emotions can vary across subjects, tasks, and times of day. Use these strategies to reduce stress and build a positive emotional environment. Always be guided by your knowledge of each learner and what is right for them.

[Download](#) PDF (25 KB)



## Top 5 UDL tips for reducing stereotype threat

Five examples of how teachers can create welcoming social and emotional climates that improve learning opportunities for every learner. Developed by CAST.

Publisher: CAST

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## Pause, breathe and smile

The Pause, Breathe, Smile programme is an eight-week course, taught in New Zealand schools by trained practitioners. This programme focuses on supporting social and emotional wellbeing, addressing self awareness, and self regulation skills.

Publisher: Mental Health Foundation of New Zealand

[Visit website](#)

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