

[Inclusive Education](#)

From

Guide: [Universal Design for Learning](#)

Strategy: [Support engagement in learning](#)

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

Date

20 January 2019

Link

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

Useful resources

Emotional triggers and strategies to support

Publisher: Ministry of Education | Te Tāhuhu o te Mātauranga

[Download PDF \(25 KB\)](#)

Top 5 UDL tips for reducing stereotype threat

Publisher: CAST

[Visit website](#)

Pause, breathe and smile

Publisher: Mental Health Foundation of New Zealand

[Visit website](#)

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