

# TE WHARE TAPA WHĀ ACTIVITIES

Get creative and active with some lockdown hauora activities for the whole whānau!

## TAHA WHĀNAU

- Create a video showcasing what your school does to promote wellbeing
- Get to know your whānau better by asking them some interesting questions
- Have a go at making your own family tree
- Play the 'one word story' activity with your whānau or with your friends online
- Chatterbox activity with your family (Te Reo and English).
- 'Get Calling' activity and worksheet. Make time for a genuine conversation



## TAHA HINENGARO

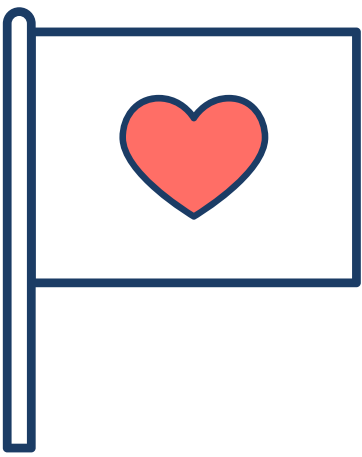
- Hikitea te ha te ao Māori breathing exercises that anyone can learn
- Create a Kindness Jar for yourself and your classmates
- Find a friend and take turns listening about each other's lockdown experiences
- Inside Out Wellbeing Guide and 5 Keys to Happiness
- Cosmic Kids Yoga
- Challenge yourself to learn a new skill

## TAHA WAIRUA

- Write down how you demonstrate your school values
- Sensory Poetry - Encouraging tamariki to think about their senses helps them develop mindfulness skills
- Listen to the Rain - this activity combines important skills such as applying concentration and one of the top five wellbeing techniques of 'taking notice'
- Create your own Pepeha to connect with your wairua
- Learn a song or waiata that uplifts you



## TAHA TINANA



- Letters of the Alphabet activity
- PE with Numbers
- Head, shoulders, knee, toes game
- Healthy Kids recipes to try at home with your whānau
- Take a walk to your local maunga (mountain/hill) or awa (body of water)
- Have some fun with this sensory coordination activity
- Give some of these scavenger hunts a go

**Healthy Active Learning**

