

Takurua wellbeing - tamariki and kaiako boosts!

Kaiako card 19

Why this activity:

This activity is all about thinking of ways you can nurture your tamariki wellbeing and hauora in order that you receive some of the benefits too! The smallest of input, for maximum wellbeing boosting impact because takurua can be a little tiring!

What you need:

- Your awesome tamariki!
- Milo and milk if you decide to do that Takarua boost activity.



What to do

Choose any of the activities below, you might focus on one a day or dot them into your week.

1. Notice takurua - head outside, not for long asking tamariki to tune in to takurua! Use their observations to write about, rap about, kōrero about, make art about...And for you... soak it in too!
2. Pair up tamariki and ask them to share their hopes and dreams with each other. Remind them that this activity through whakarongo. Ask tamariki to notice what they felt at the beginning of their kōrero compared to the end and share your observations too.And for you... be part of a pair if needed, or take this home for some time with your whānau or friends.
3. Ask tamariki to learn a little about any part of their name. They might choose to head online, reflect on what they know or ask whānau as part of their take home learning or via Seesaw or other connecting platforms. Ask what they're proud of? Ask how this learning supports them and in what way?And for you... take time to enjoy the smiles, the joy, the pride, the curiosity, the wonder and be present and in the moment.
4. Bring in some milo and milk (watching for kai allergies) and ask that tamariki make and take a drink to one of their peers. You might make this a pj day and movie it up for the end of the day. And for you...reflect on one of the kind acts you've done this week and welcome any good feelings that brings for a moment, or 3!
5. Have a 5 minute walk around outside. Let tamariki know this is just about taking a break before setting back into some lessons. After the 5 minute walk ask tamariki how they feel now, compared to before the walk - any change? Note your own observations too. And for you... join your tamariki!

Whānau engagement

You may want to give whānau the heads up about tamariki researching their names - this will make for such an important kōrero!