

# Whare Tapa Whā through the holidays!

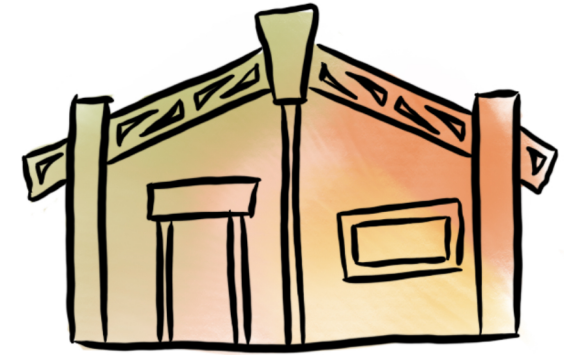
Kaiako card 17

## Why this activity?

This activity means we can spend some time conjuring up some of the things we're looking forward to, as well as creating a go-to when we're stuck for things to do, or want to schedule in some wellbeing boosting activities proactively.

## You'll need:

To print our Whare Tapa Whā worksheet.



## What to do

Kōrero with tamariki about Whare Tapa Whā as a way to consider our hauora and oranga. Ask what are some of the things we could do at home, with whānau, in the community with each other to support each of the five pou of our hauora.

Use the examples on the worksheet as a starting point.

## Whānau engagement

Ask that they complete part of this with whānau in order that it becomes their collective hauora plan!

Ask tamariki to share photos of their time together with whānau doing some of the things they've enjoyed and felt hauora boosting!