

# Ngoi (Energy) Waves

## Why this activity?

It supports tamariki to have a clear understanding of where to set their ngoi (energy) for the task ahead or situation. It's the combination in this activity of acknowledging energy levels, tinana, movement and it provides guidance.

## You'll need:

Your amazing iti super humans!

## What to do:

Kōrero with tamariki about our ngoi (energy) as waves - our ngoi grows and can sometimes hit a high point. You might draw a wave and number it as it grows, the highest point being rima and the lowest, just as bubbles are about to form, is tahi.

Talk about how our energy grows like a wave and you might act this out -

- 1 Tahi - only small amounts of energy and movement, tamariki might be lying or sitting down.
- 2 Rua - some energy but small, a relaxed state - sitting up.
- 3 Toru - medium energy, more movement, could be sitting or standing.
- 4 Whā - more active, more alert, standing with some movement.
- 5 Rima - very active, bouncing and running around!

Ask tamariki to think about the growth of the wave during each of these ngoi levels.

Kaiako Card

**BIG FEELINGS**



Kōrero about how you will come back to this and set the scene for learning. This might be something your tamariki enjoy every day, especially after kai breaks and in those times you recognise your tamariki ngoi is either peaking too high, or it's clear they've crashed!

## Whānau engagement

It would be cool to video this for whānau and upload onto your online platforms. Head to the Manahau website version for ideas.