

Emotional kanikani

Kaiako Card 10



Why this activity?

You might choose this activity when tamariki are feeling a little hōhā and need a lift. The after kai, afternoon slump, might be the best time, or Rāmere, any time! It could also work for your ākonga first thing in the morning!

You'll need:

- Some waiata - we love Ka Hao by 35 (featuring Rob Ruha)
- All of your awesome tamariki
- Some emotions up your sleeve to 'announce' while dancing. You might like to use our emotions bubbles and pull one out randomly.

What to do

So easy! Turn the speakers up and play your favourite waiata.

Ask tamariki to kanikani. Then ask them to kanikani like they're feeling whatever emotion you 'offer' - you might use the emotion bubbles as prompts. Or you could ask ākonga to shout out emotions they're feeling that morning/afternoon and you can kanikani them 'out'!

You can fit a few emotions into one waiata or choose waiata that reflect the different emotions and kanikani the whole tune!

We recommend following the activity with a kōrero about how it felt. We love when tamariki have the chance to notice that their movements can impact on their mood or energy, and that their mood or energy can also impact on their movements!

But if there's not time for kōrero, finish on the emotion you need for the next activity (calm, energised, peaceful, curious!) and move onto it reminding tamariki that you offered that final emotion for good reason!

Whānau engagement

It might be really cool to video some of this kanikani and make it available via your online platforms for whānau or via social media. We've written the below text to add if you like and save you time.

Today we're dancing out emotions, which is fun and supports tamariki emotional literacy. The more emotions they know and recognise, the better they are to manage them. So there's lots of good reasons for us having this much fun!