

# Dialing up some energy

Kaiako card 24

## What to do:

When energy levels are feeling low across the classroom try out one of these super simple activities to give tamariki an opportunity to reset and find a little more ngoi (energy) to get through their day.

## A note:

We're sure you use many energy boosting activities already, but we've created this wee reminder with some ideas because we're keen for these things to be intentional and to support your reflective practice!



Excited like  
a frog

## Energy boosters we love:

- Act out this emotion like a....

Put on some waiata and ask tamariki to kanikani. Then shout out an animal and emotion, asking tamariki to move around like they're that animal experiencing that emotion. Randomise the emotions and get some variety by using our emotion bubbles. Try ending on the emotion you want to carry through to your next activity. This is a fun way to think about emotions and what emotions look like.

- Emotion guessing

Print off our emotion bubbles and get tamariki into small groups. Ask them to take turns picking out an emotion bubble, they then act it out (silently) and the rest of the group take turns guessing. This will encourage learning new emotions or further understanding what some emotions can look like and that the same emotion can look different on everyone.

- Follow the leader

Take tamariki outside and appoint a leader (changing to a new ākonga every few minutes) the leader moves around the school yard skipping, hoping, running, jumping, galloping - whatever they choose. This will boost energy and get in some physical movement increasing their endorphins.