

Taha Tinana

Students

- [Plank tic tac toe](#)
- [Playing card physical activity](#) or [Uno Fitness](#) – assign a movement/task to each playing card suit. The number on the card is the amount of times that must be completed. Students pick a card at random and they complete as many as they can until the deck has gone. *Curriculum links: HPE, Maths*
- [Dude Perfect trick shots](#) – Recreate something from home and teach classmates and/or try and recreate a trick.
- Weekly tinana wellbeing challenges.
- [Fundamental movement skills](#) - Emphasise on being creative and exploring the school environment.

Staff

- Get yourself involved in student physical activity time
- Weekly tinana wellbeing challenges
- Staff take turns at sharing tinana activities that they intend to do, or have done, with their classes
- Dance/Zumba

Taha Whānau

Students

- [Many Coloured Days](#) *Curriculum links: HPE, reading*
- Create a [Rubik's cube game](#) to play with friends
- I Te Tīmatanga - [How to Play](#)
- [Copy Cat](#) game with friends and classmates
- Task students to create a game within a time limit. Then they can teach it to the class. Provide guidelines to be met if necessary, e.g. no sharing of equipment/physical distancing

Staff

- Commit to incorporating the [Five Ways to Wellbeing](#) into your day - Give, Connect, Take Notice, Keep Learning and Be Active.
- Explore the [Sport Wellington Wellbeing Hub](#) for you and your whānau's wellbeing
- Connect with friends and family you haven't been able to see over lockdown

Taha Hinengaro

Students

- [Gratitude o'clock](#). *Curriculum links: HPE, literacy*
- [How to be kinder to yourself](#). *Curriculum links: HPE, literacy*
- [Who can I talk to?](#) worksheet. *Curriculum Links – HPE, Literacy*
- [My worries](#) book *Curriculum links – HPE, reading*
- Make a gratitude wall in your school hall, classroom or shared space – invite staff and students to bring in photos, create drawings or write down the things they are grateful for.
- Random act of kindness tasks to complete throughout the week
- [Compliment tag](#) - Best to complete some work with your class beforehand about what a compliment is, different types of compliments and how compliments make people feel.

Staff

- [How to be kinder to yourself](#)
- Think about what you have to look forward to, and, if possible, plan your next holiday. It's easier to turn your focus back to work if you know when your next break will be.
- Block out at least 15 minutes a day just for you to do something you enjoy. Read a book, go for a walk, paint, dance – you do you!
- Gratitude wall

Taha Wairua

Students

- [Superpower Poetry Fun](#) - The exercise helps students think about what makes them happy. *Curriculum links: HPE, writing*
- Go for a community walk
- Gardening
- Group karakia
- [How Can You Be Kind to Yourself](#) worksheet *Curriculum links: HPE, writing*
- [M3 Mindfulness](#)

Staff

- Go for a community walk
- Meditation/yoga
- Read a positive and uplifting book
- Connect with a colleague/friend over a coffee
- Remind yourself of your 'why'

Te Whare Tapa Wha Reflection

Task – Have a think way back to before the lockdown. Write down the different things and activities that you did for your hauora/wellbeing under the four walls. What changed during the lockdown? What will be the same and different once we come out of lockdown? Note: Activities can be change walls and in the three stages e.g. walking could be your taha wairua or tinana.

	Pre lockdown What did you used to do?	During Lockdown What are you doing now?	Post Lockdown What will your wellbeing look like after the lockdown? Will you revert to the post lockdown routine? If not, what will change?
Taha wairua (spiritual)			
Taha hinengaro (emotions/feelings)			
Taha tinana (physical)			
Taha whānau (family/relationships)			

Useful resources

<https://www.positivelypsychology.co.nz/infosheets>

<https://www.teritotoi.org/>

<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>