HAUORA UNTIL THE HOLIDAYS WITH TE WHARE TAPA WHĀ

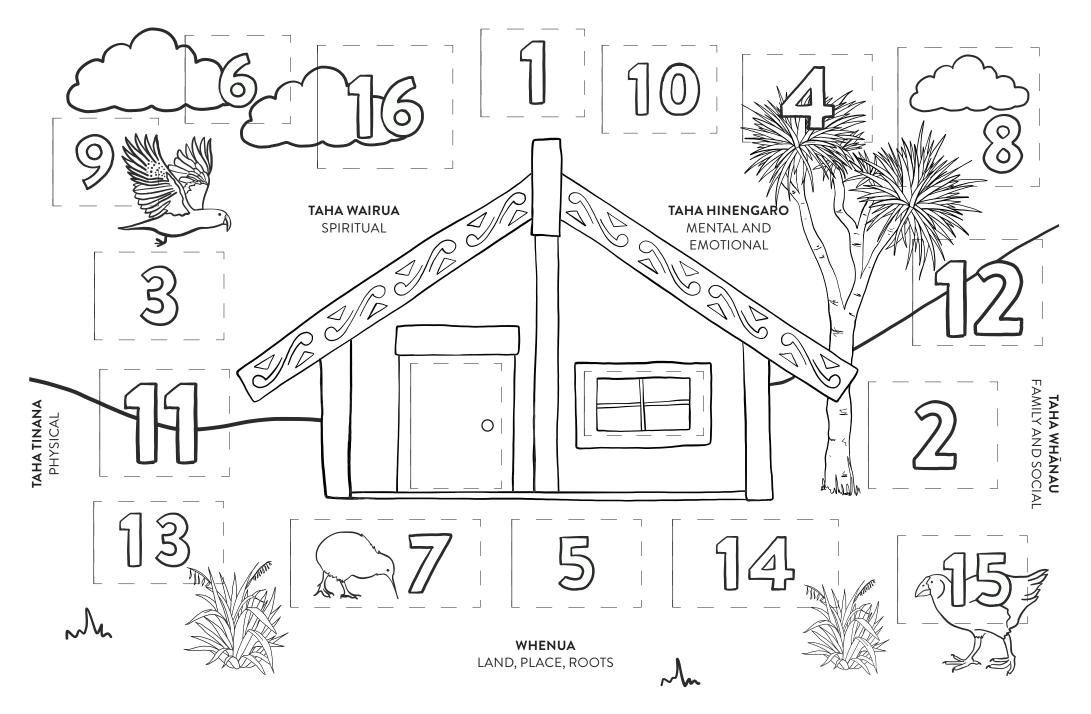
What you'll need:

- Glue, double-sided tape or a stapler.
- Scissors or a craft knife.
- The two printed worksheets.
- · Colouring pencils or felts.

- **Step 1:** Print off the A4 worksheets on the following two pages.
- Step 2: Colour in each of the illustrations so they look amazing.
- **Step 3:** Cut along the dotted lines, and leave one side (the straight line) un-cut so that it folds back as a flap.
- **Step 4:** Use glue, tape or a stapler to attach the sheet you've coloured in on top of the other A4 worksheet. Make sure you attach all the page edges together.
- **Step 5:** Hang up your advent calendar.
- **Step 6:** Open a door a day and complete the activity revealed behind. Your kaiako will lead the Sparklers activities but you can look them up online at www.sparklers.org.nz/activities



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Spend time on a Body Scan

Make a
classroom
Compliment
Poster for your
principal

Take time for Hikitia te Hā

Check in with 'How Am I Doing'

Write about 2 things you're grateful for

Manage the end of term tiredness and excitement with 'Energy Rollercoaster'

Get in 20 peke whetu today!

Make time

for Mindful

Birdsong

Smile at 10 people today, just because Your smile is contagious

Share 4 compliments today with your school peers

Learn about

your name

with 'What's

in a Name'

Head outside with Kia Ora Taniwha!

Try some Nature Moves

Spend time lying under a tree and tummy breathing Head outside and take your shoes off Draw what you think your garden looked like 100 years ago

Make some Sneaky Thank You Cards

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