

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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The diagram features a central whare tapu with a gabled roof decorated with traditional patterns. The house has a door on the left and a window on the right. To the right of the house is a tree with palm-like fronds. The entire scene is surrounded by dashed boxes containing numbers and illustrations of natural elements.

TAHA TINANA
PHYSICAL

TAHA WAIRUA
SPIRITUAL

TAHA HINENGARO
MENTAL AND EMOTIONAL

TAHA WHĀNAU
FAMILY AND SOCIAL

WHENUA
LAND, PLACE, ROOTS

Numbers and illustrations include: 9 (parrot), 16 (clouds), 1 (post), 10 (post), 4 (tree), 8 (cloud), 3 (post), 11 (post), 12 (tree), 2 (post), 13 (grass), 7 (kiwi), 5 (post), 14 (grass), and 15 (parrot).

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Make time for Mindful Birdsong

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!

Share 4 compliments today with your school peers

Head outside with Kia Ora Taniwha!

Smile at 10 people today, just because

Your smile is contagious

Learn about your name with 'What's in a Name'

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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