



# WHEN THINGS FEEL TOTALLY HŌHĀ



Aw this is a toughie - a mix of tiredness and fed-up-ness! And during bubble time when routines are a bit scambly and sleep may not be your best friend, this might be a familiar feeling.

Tamariki will cue off you which can make for a hōhā household! So go easy - on you and the whānau. It might be that you need to take a bit of time out from each other - head to your [Favourite Spaces](#) with a book, word find, journal... something calming. Set the timer for at least 10 minutes so that everyone has a chance to re-set.

Or if you're feeling okay, but the tamariki are not, you will need to move with ninja stealth to try to move kids out of the mood using:

- Movement - head outside for a runaround
- Distraction - get the ball out and start kicking it around looking like you're having some fun - fun is where it's at and it won't take long till they're outside with you
- Humour - read a joke book, do a Mexican wave or roly-poly on the lawn
- All of the above!

If your  
**MOTIVATION**



is low...

Sparklers

Our daily routine - time to get up, make lunches, get the kids to school - is out the window, so it can make things feel a little aimless.