

Kia ora whānau!  
I'm Kiri the kūmara.

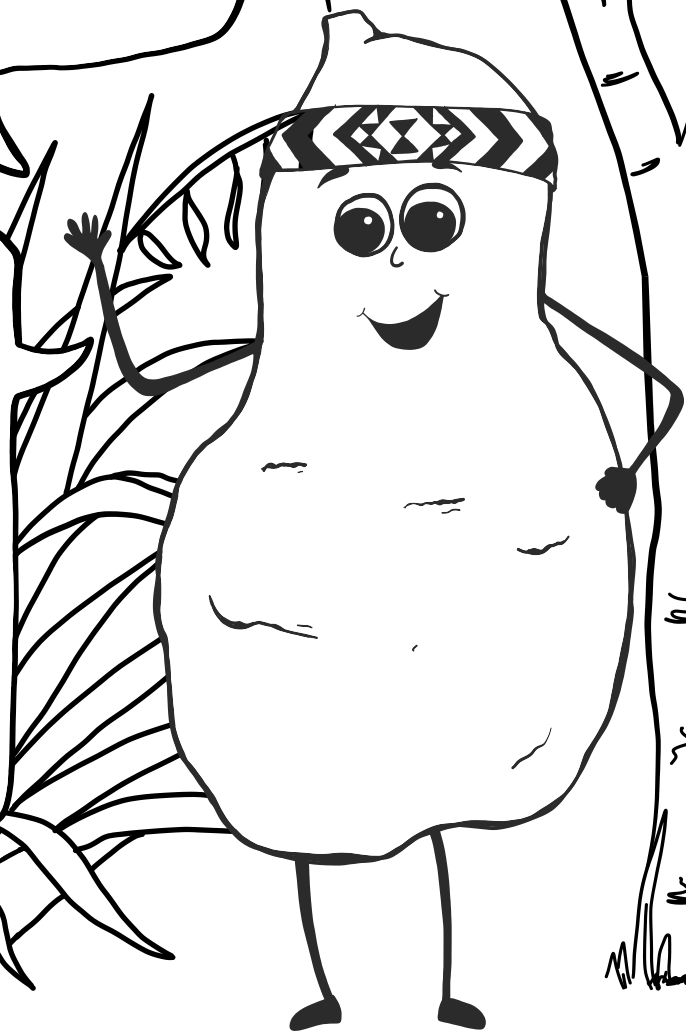
At school we've been using resources from our friends at Sparklers to learn all about wellbeing. We've celebrated how cool and lucky we are to have our own language, te Reo Māori, and have learned all about Te Whare Tapa Whā, Aotearoa's very own model of health.

Over the last few weeks there's also been a lot of learning about my favourite topic... kūmara! If your tamariki brings a kūmara home from school today, or you're keen to try growing your own, visit [www.sparklers.org.nz/kumara](http://www.sparklers.org.nz/kumara)

I recommend planting your kūmara in late October after allowing plenty of time for the tipu (shoots) to grow healthy and strong.

For everything you need to know about growing your own kūmara visit [www.sparklers.org.nz/kumara](http://www.sparklers.org.nz/kumara)

I'll see you there!



# Whānau holiday fun

There are lots of fun, free things whānau can do together to boost wellbeing. Here are some cool activities you could try over the holidays - they incorporate the principles of positive psychology and are easy to adapt and reuse.

## Share some feel good memories:

Talking about your positive memories can bring back the feelings we associated with them at the time – pretty cool huh? Kids often love our memories... tales of when they were babies, stories of their grandparents.

## Read aloud or escape in a talking book:



Choose a cool kids classic and treat the story reading like a movie night without the pictures! Feeling cozy helps us relax.

## Try something you don't feel that confident doing:

Often we think we're not good at something simply because we've developed a fixed mindset around it. Challenge a fixed mindset you have around an activity, whether it's baking, singing, dancing, learning maths or something else! This is a good way to let go of whatever's holding us back, give up 'caring' about it, oh... and role model all of this to our kids!

## Lie on the lawn and watch the clouds:

A wee bit of mindfulness and a whole lot of being present and taking notice!

## Sort out your treasures:

Get around to doing the family album or an album for certificates, letters, special things. This is another way to recall positive memories, talk about our past and celebrate our achievements.

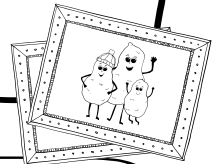
## Play Cards:



If you can steer clear of too much competition, playing cards brings us into the present (stops us thinking too much!), boosts our concentration and again, it's more together time. All good for us!

## Build a play space:

Make a hut outside and have a picnic there or nestle in to play – a li'l bit of fun and a little bit of imaginative time.



For more fun, family ideas visit Sparklers At Home:

[www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)