

What is this?



This is an open, crowd-sourced slidedeck for our Tuakana Teina year group virtual hui.

What should I add?

Links, copies of resources, wellbeing and connectedness ideas.

Add things that support our Āhukatanga Whaiaro (Kahui AKo learner profile) to share with our colleagues, our ākonga, our school communities.

Let's keep it simple, familiar, and relationship-focused.

Let's keep in touch and support one another with the return to school ... and dawn of change. Kia kaha. Kia manawanui

With thanks to #edchatNZ and te whānau o Puketeraki Kahui Ako.

Wellbeing - ideas for Level 2

Look after yourself first!

Link 1

[Te Whare Tapu Wha](#)

Link 2

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

[Padlet- return to school reflection](#)

“

We must be guardians of spaces that allow students to breathe, be curious, and to explore.



WELLBEING LEARNING

Being at home provides us with the silver lining of not only spending more quality time with our whānau but also further opportunities to learn. Here are just a few ideas.

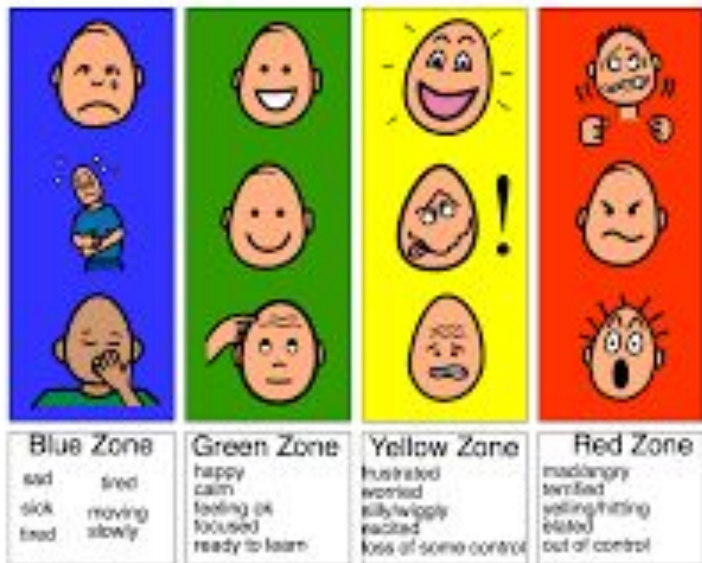
The Science of Well-Being a completely free online course run by Prof. Laurie Santos from Yale University.

Mindfulness for wellbeing and peak performance Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. FREE

Maintaining a Mindful life This course is intended for people with previous experience of practising mindfulness. FREE



The Zones of Regulation



Zones Plan

What zone am I in?



fionabester@ashgrove.school.nz



Use tools to get in the green zone.



#puketeraki

Creative people live in a bubble.

Dawn of change.

A beautiful karakia written for COVID 19

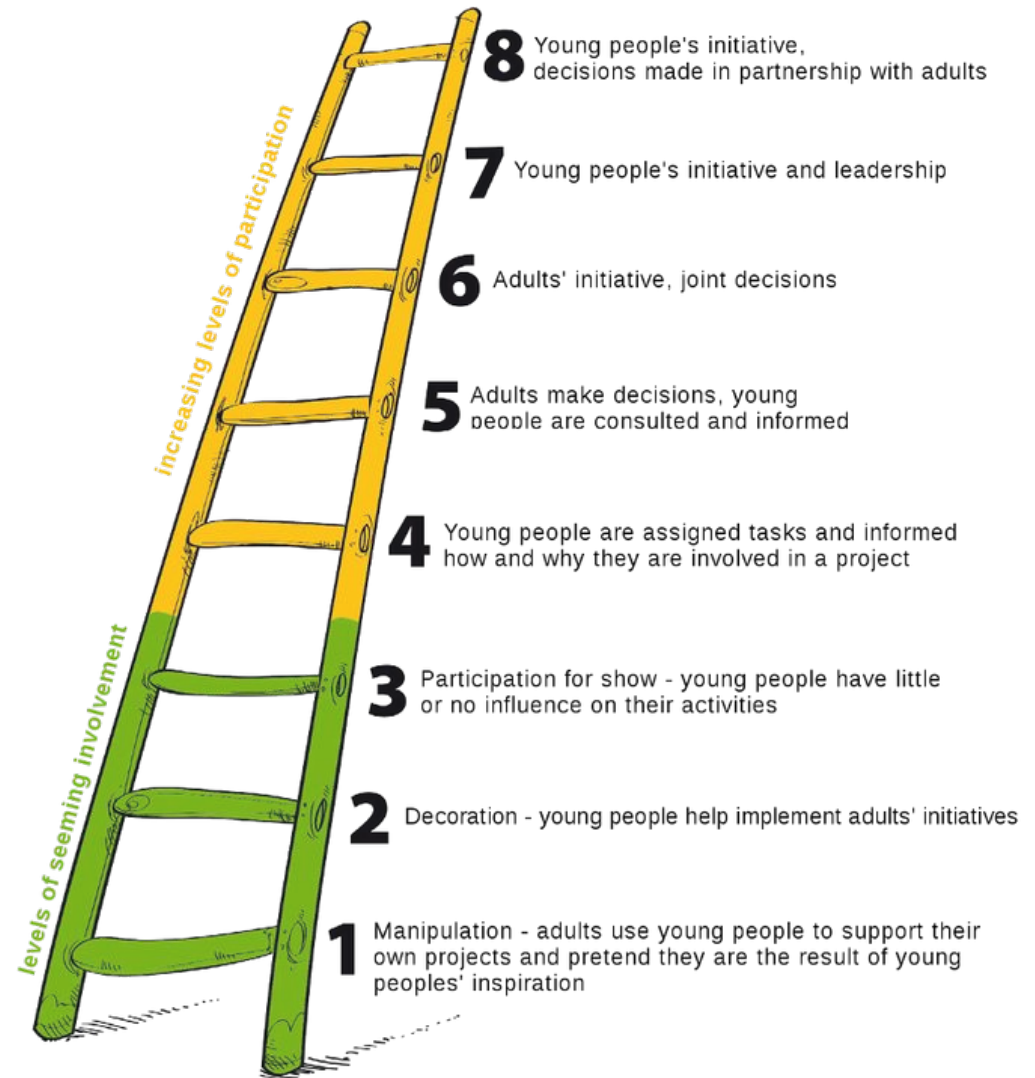
<https://www.thebigidea.nz/stories/dawn-of-change>

Whare tapa wha

https://www.ero.govt.nz/publications/wellbeing-for-success-a-resource-for-schools/useful-wellbeing-resources/Whare_tapa_wha



Student agency



[Roger Hart's ladder of youth participation](#)



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 📢

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



Cosmic Kids Yoga



Play and Build!

@kerriatlearning

Sorry can't remember where I got this but I thought it was a pretty cool idea.

30 Day LEGO Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1	Day 2	Day 3
				You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.
				Day 4	Day 5	Day 6
				Hollywood hires you to build a movie set for a new Star Wars movie.	You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.
				Day 7	Day 8	Day 9
				Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.
				Day 10	Day 11	Day 12
				You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
				Day 13	Day 14	Day 15
				You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.
				Day 16	Day 17	Day 18
				Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.
				Day 19	Day 20	Day 21
				The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.
				Day 22	Day 23	Day 24
				The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
				Day 25	Day 26	Day 27
				Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.
				Day 28	Day 29	Day 30
				The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile
						What was your favorite day?

For teachers! Beautiful Meditation- listen with headphones

