

September 28th 2021 Writing

1. Essential Task1: Finding balance: Te Whare Tapa Whā

LI: Learning to identify different things we can do to nurture and strengthen the walls of the Te Whare Tapa Whā model of health.

2. Essential Task 2:

“Be yourself, everyone else is already taken.” —Oscar Wilde

LI: Learning to identify key aspects of my own identity.

3. Extra for experts:

My guitar is not a thing. It is an extension of myself. It is who I am. —Joan Jett

LI : Te koronga ako Identify and describe personal interests and preferences.

4. Extension Task:

Practice yoga at home daily (ideally in the morning), so that you will be at your best in every day.

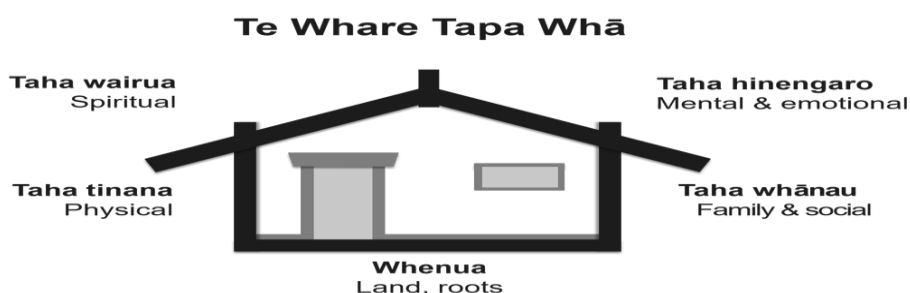
Yoga brings you to your fullest potential - physically, mentally, emotionally and energetically.

1. Essential Task1 : Finding balance: Te Whare Tapa Whā (house with four walls)

This activity explores all aspects of our health and wellbeing and uses *Te Whare Tapa Whā* model as a way to korero (discussion) about the different areas that contribute to our hinengaro (mental health) and the way we feel.

LI: Learning to identify different things we can do to nurture and strengthen the walls and keep ourselves well.

SC: Understand our wellbeing in terms of the balance between different parts of our lives.



Taking care of your physical health is important, but to live well, you also need to pay attention to your mental health, spirituality* and the strength of your whanau (an extended family). The health of the land and environment around is strongly connected to our health and wellbeing, and is also an important part of identity and sense of self for many. For each of us, there are different things we can do to nurture and strengthen the walls of Te Whare Tapa Whā and keep us well. There are events and situations that may impact one wall of our whare that we cannot control. At these times you can draw on the foundations and other walls until you are able to strengthen that wall again.

Activity: Take a paper and a pencil (Watch the Video)

Think about the four walls of your house and make a note of:

- What keeps each wall in place?
- Which one feels strongest?
- Is there one that needs more support?
- What's one thing you could put in place to strengthen that wall?

Watch this video and follow the instructions:

<https://youtu.be/6ln-lfiK30s>

Te Whare Tapa Whā (house with four walls) Draw and Label (you can also do it on a paper, take a photo and post it here)

Bubble time and home-learning can feel hard sometimes. Whare Tapa Whā will help lift our mood and give us energy.

1. Write down one thing you have done recently to feel good that's improved your wellbeing.

2. How are your loved ones doing?

3. No emotion is a 'bad' emotion. Talking about emotions helps us manage them
 - One Joyful memory:

 - One sad memory:

4. Green- **Kākāriki** is usually associated with feeling okay and calm.
 - What other emotions can you think of that might be green? – (choose one Happy, Focussed, Ready to learn)

5. Yellow – **Kōwhai is normally** associated with 'heightened' emotions, so we're feeling something and we're really aware of it, but we're staying in control (mostly!).
 - What emotions of your is associated with yellow? – (Choose one: Worried, Frustrated, Wiggly)

6. Red- **Whero** is associated with 'big' emotions and sometimes the emotion can feel like it can take control of us.
 - What emotions of yours is associated with red? – (choose one: Anger, Rage, Frustration)

7. How do we know we're worried? What does it feel like in our body?

8. What can we do to help worries go away?

9. What shouldn't we do? What makes it worse?

Tips for success: kia mahi tahi – work as a team, learn as a team.

2. Essential Task 2:

“Be yourself, everyone else is already taken.” —Oscar Wilde

LI: Learning to identify key aspects of my own identity.

SC: Reflect on personal experiences and talk about these with others.

Activity / Te ngohe about aspects of your lives, your journey through life so far.

Task: complete the following sentences:

(a) I like to spend time doing ...

(b) My favourite time of day is ...

(c) I like it when people ...

(d) One thing I like about myself is ...

(e) One thing others like about me is ...

(f) One thing I do well is ...

(g) A recent problem I have handled well is ...

(h) My best school subject is ...

3. Extra for experts:

My guitar is not a thing. It is an extension of myself. It is who I am. —Joan Jett

LI : Te koronga ako Identify and describe personal interests and preferences.

SC: Reflecting on personal interests.

This is a good way to learn more about the hobbies and interests of yours, so these interests can be your future learning experiences.

Category	Name your favourite item for each category.	Picture
Food		
Sport		
People		
Clothes		
Leisure activity		
Colour		
Author		
Singer		
Subject		
Music		
TV Programme		
Movie		

4. Extension Task: Practice yoga at home daily (ideally in the morning), so that you will be at your best in every way.

Yoga brings you to your fullest potential - physically, mentally, emotionally and energetically. Yoga has become a popular method of stress relief and exercise among all age groups.

Tips: Music or any kind of sound that directs your attention outward is a distraction when you want to do yoga at home. It is also best to keep your cell phone switched off or in silent mode. Keep this time just for yourself!

Practice these simple asanas.

