

# Hauora - Well-Being

## Taha Whānau Social Well-Being

### Big Ideas:

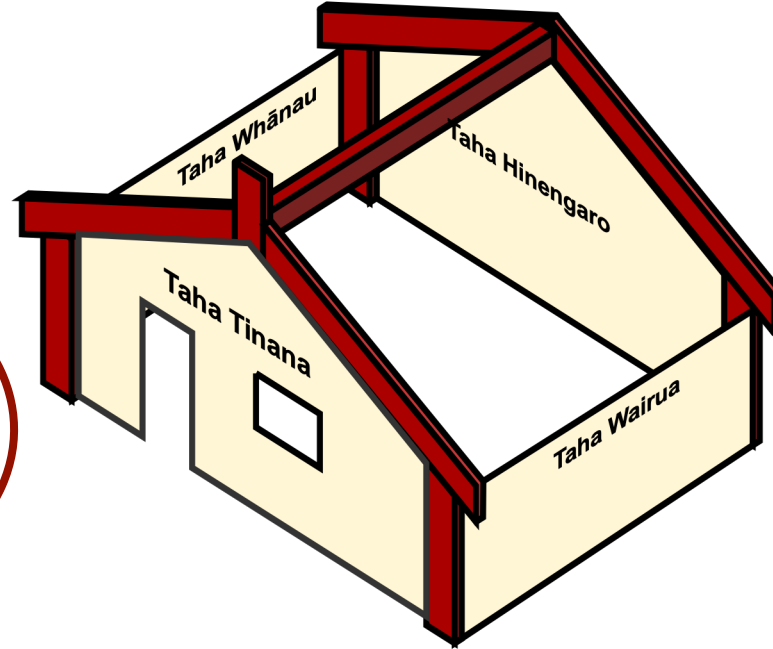
- Feel like we belong
- Making friends and being a good friend
- Caring for others
- Know that our family / whānau and friends support us



## Taha Hinengaro Mental and Emotional Well-Being

### Big Ideas:

- Know and describe what and how we are feeling
- Be able to talk about our feelings
- Be able to work through what and how we are feeling



### Key Vocabulary:

nutrition  
Strength  
challenge

### Key Vocabulary:

friendship  
caring  
belonging

### Key Vocabulary:

values  
identity  
opinions

### Key Vocabulary:

feelings  
describe  
problem solving

## Taha Tinana Physical Well-Being

### Big Idea:

- Know how to take care of our body



Kia ora Family / Whānau,

over the next four weeks for inquiry, we will be learning about 'Hauora – Our Well-Being'. Hauora is a Māori philosophy of health that is unique to New Zealand / Aotearoa.

We will learn about the four dimensions that represent the walls of Hauora (te whare tapa whā). Each one is needed in order to keep us strong and healthy.

Please take the time to talk to your child / children / tamariki about what they have been learning.

## Taha Wairua Spiritual Well-Being

### Big Ideas:

- Know what beliefs and values are important to us and our family / whānau
- Know that other people have different beliefs, opinions and views
- Find things that are meaningful to us

