

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

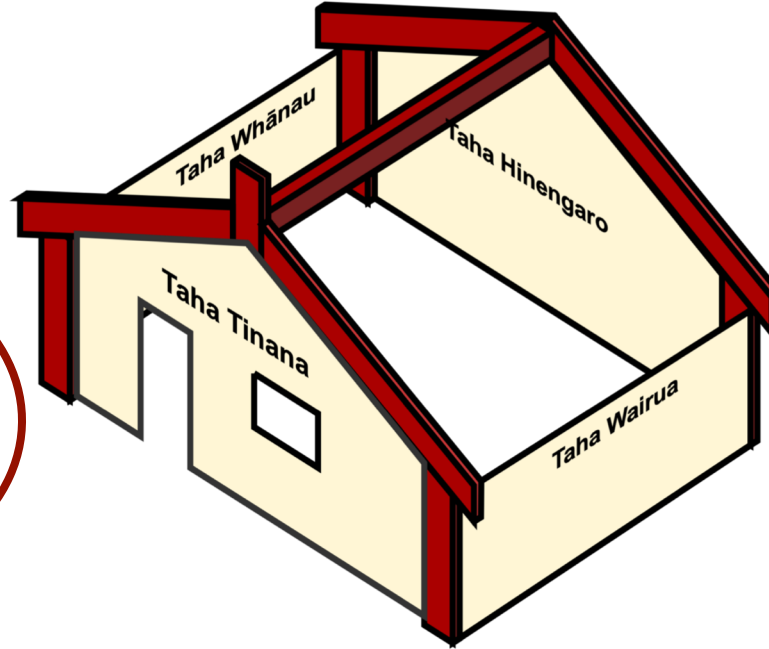


Key Vocabulary:

nutrition
hygiene
energy
physical

Key Vocabulary:

socialising
friendships
community
belonging
empathy



Key Vocabulary:

values
traditions
beliefs
opinions
unique

Key Vocabulary:

emotions
support
communication
self-worth
self-esteem

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

