

Health and Physical Education

Teacher: Mr Berry

Focus: Hauora and Wellbeing

Lesson 1:

Instructions: Read Introduction

Well-being, Hauora

- **Well-being**
- **The concept of well-being encompasses the physical, mental and emotional, social, and spiritual dimensions of health. This concept is recognised by the World Health Organisation.**
- **Hauora**
- **Hauora is a Māori philosophy of health unique to New Zealand. It comprises:**
- **taha tinana, taha hinengaro, taha whanau, and taha wairua.**

Whare tapawha model of hauora

- Each of the four concepts of hauora is represented by a side of the whare [house].
- All the dimensions work together to give us total wellbeing. Each aspect cannot function alone.- they overlap with all the other aspects of hauora. All aspects work together to form a whole and well rounded individual.



Consequences of neglect

- **All four sides of the whare tapawha are needed to support each other. When one wall is weak and collapses, the structure of the house suffers and the house will fall down or not provide sufficient shelter.**
- **Like wise with human beings-any weakness in a certain area will lead to an unhealthy and unbalanced individual.**
- **When certain aspects of hauora are not fulfilled there can be negative consequences.**
- **When physical well-being is neglected, a person can lose the ability to function properly and show signs of illness.**

Consequences of neglect cont.

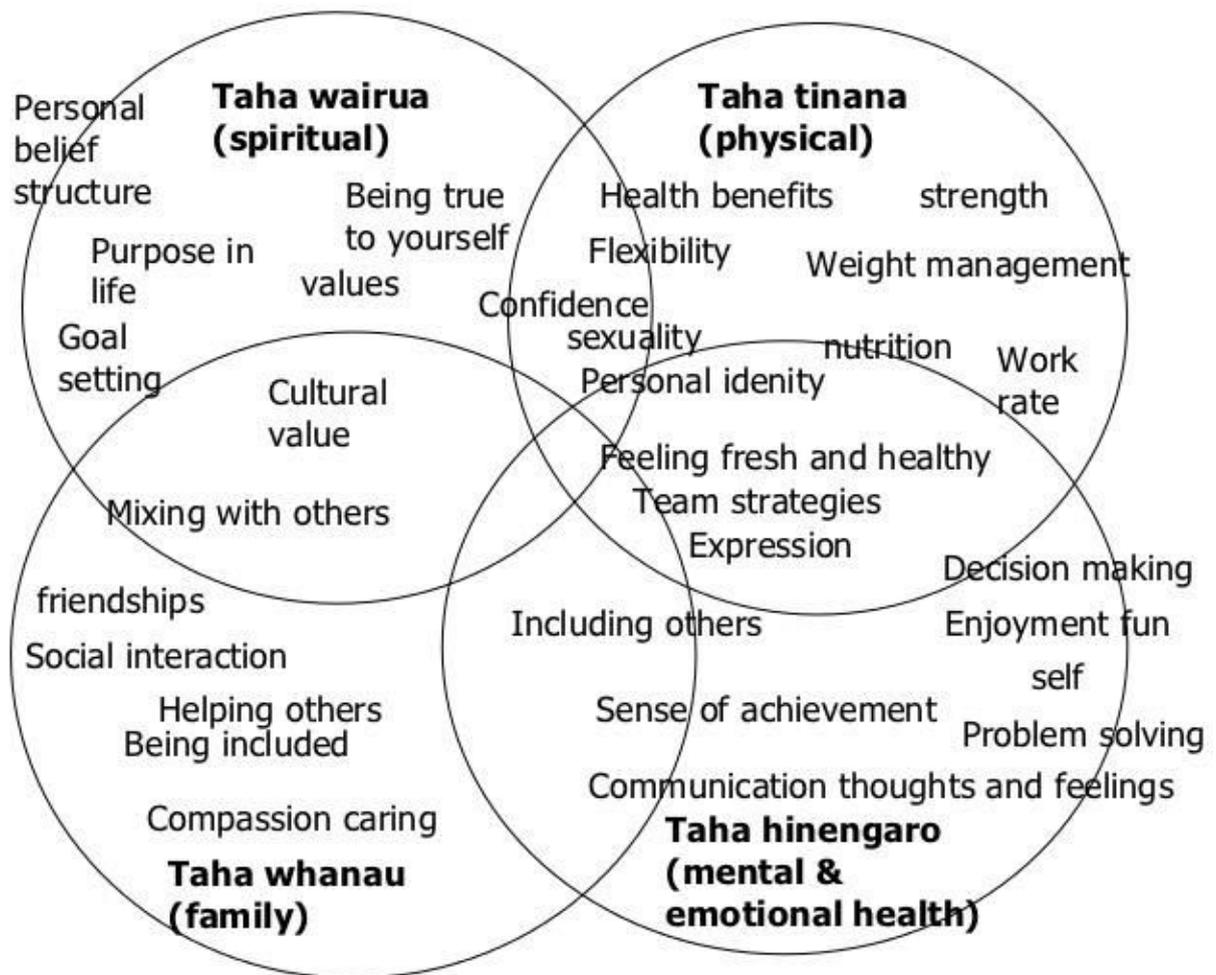
- **When social wellbeing is neglected, a person can become isolated and without support.**
- **If mental and emotional wellbeing is neglected, a person lacks the ability to make good decisions and does not think properly.**
- **If spiritual wellbeing is neglected, an individual can become disillusioned with their life and lacks motivation.**

Aspects of hauora

When certain aspects of hauora are neglected, negative consequences result.

Link the neglected aspects of hauora with their negative consequences.

Aspects of hauora	Negative consequences of neglect
1. Physical wellbeing- taha tinana	a. Overweight
2. Mental and emotional wellbeing taha hinengaro	b Negative thoughts
3. Social wellbeing – taha whanau	c Breakdown of families
4. Spiritual wellbeing – taha wairua	d Lack of direction
	e Sickness
	f Psychiatric illness
	g Nope hope
	h Loneliness



Benefits of participating in physical activity

Why people participate in physical activity

Physical needs.

- Developing physical fitness and skills
- Maintaining a healthy body weight



Mental / Emotional needs

- Expressing feeling and emotion
- Self esteem and making decisions



Social needs

- Socialising with others
- Being part of a team



Spiritual needs

- Personal identity and confidence.
- Enjoyment, appreciation of surroundings and challenge



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Lesson 2:

Instructions: 1 Hauora- Building your whare Each statement is worth 1 building block [square]. Shade in one block for each statement and watch your hauora grow. Elements may not apply to everyone.

In the last month...

1. Went for a walk/ jog
2. Ran around playing for more than 30 minutes
3. Catch up with a friend
4. Did some form of meditation/mindfulness
5. Read a book for so long your parents told you to do something else
6. Watched a movie with your family
7. Thanked someone
8. Spent time with somebody in my family
9. Challenged myself
10. Reflected on the past
11. Played outside for so long it got dark
12. Ate a bar of chocolate
13. Spent time in nature
14. Played with my parents
15. Played with a pet
16. Learnt a new skill or hobby
17. Danced for fun
18. Did something that scared you
19. Didn't listen to negative comments or thoughts
20. Set yourself goals
21. Shared your feelings with somebody
22. Cried
23. Had your favourite meal
24. Ate lunch with your family
25. Looked at social media
26. Willingly did something you don't like doing
27. Provided a cool challenge for someone else
28. Encouraged someone to take a risk



How is my hauora today, this week, this month? What can I do to ensure I cover all aspects of my hauora? What are some things I can do to grow the areas that need attention? What skills and knowledge do I have to support myself? Who can I access to support me?

Read Notes Below

Te Whare Tapa Whā is represented by the four walls of a whareniui (meeting house). Each wall symbolises the elements necessary to sustain and improve HAUORA (health and wellbeing). Each aspect influences and supports the others.



Taha Whānau Family Health (Social: belonging, sharing & caring)

Me whakawhanaunga (CONNECT) · Talk & listen · Be there · Feel connected

Tukua (GIVE) · Your time Connecting with others -friends, whānau & people in the community help provide support.

Actions: · Email or face time a friend · Talk with whānau (family) · Place a teddy bear in the window to be spotted by members of your community

Taha Tinana (Physical Health) (Active movement)

Me kori tonu (BE ACTIVE) · Do what you can · Enjoy what you do · Move your mind
Tukua (GIVE) · Your presence
Physical activity can encourage social interaction.

Actions (with someone in your bubble): · Play a modified game of sport (e.g. 1 on 1 basketball, touch rugby, football or hit and run using a bat & ball) · Weed the garden together · Throw a ball or frizbee

Taha Hinengaro (Mental Health) (Emotional: thoughts & feelings) Me ako tonu (KEEP LEARNING) · Seek new experiences · Explore opportunities · Surprise yourself
Tukua (GIVE) · Your words
Gaining & sharing knowledge, skills & abilities gives you a purpose & improves your self-worth.

Actions: · Learn a new skill (e.g. how to cook pancakes, how to balance on a fence post or ride your bike without holding onto the handlebars) · Teach someone else something you know (e.g. how to express yourself through dance)

Taha Wairua (Spiritual Health) (Faith & spiritual awareness) Me aro tonu (TAKE NOTICE) · Appreciate the little things · Savour the moment · Pay attention to present thought & feelings Tukua (GIVE) · With a willing spirit Mindfulness improves self-knowledge; allowing you to find stillness, spaciousness, & openness.

Actions: · The link allows you to experience mindfulness through Maori stories & movement. Video 1 - Our Atua - a story of Ranginui & Papatūānuku Te Whare Tapa Whā is represented by the four walls of a whareniui (meeting house). Each wall symbolises the elements necessary to sustain and improve HAUORA (health and wellbeing). Each aspect influences and supports the others. Produced by the CLM Healthy Active Learning Advisors Resource 1

This resource connects Sir Mason Durie's Te Whare Tapa Whā and The Mental Health Foundation of New Zealand's The Five Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning, Give) to help people find balance, build resilience and boost hauora and health and well being.

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Lesson 2: Mindfulness for Children

Instructions: I have put this resource together after finding out about these fantastic videos from this website. <https://www.m3mindfulnessforchildren.com/> Mindfulness is taught whilst moving to Māori stories - an awesome combination to help with physical, mental and emotional wellbeing whilst connecting to our rich Māori culture. These videos are only short (12 to 13 minutes in length) and were designed to assist in times like these for our children and parents alike. How you choose you use these is entirely up to you. For your literacy work you could use the video as a stimulus. To give you more information about each videos I have used the explanation found on the YouTube channel and the direct link for each video.

The complete video play list can be found at

<https://www.youtube.com/playlist?list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5>

Video 1 - Our Atua This is a story of Ranginui and Papatūānuku – This pūrakau speaks about the struggle between all of our Atua to separate Rangi and Papa. From that darkness, we can now experience the LIGHT or Te Ao Mārama.

https://www.youtube.com/watch?v=xhliBuFONzQ&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_in dex=2&t=4s

Video 2 - The Stars of Matariki This narrative is about the 9 stars of Matariki. The theme speaks about KAITĪAKITANGA or taking care of our Earth Mother Papatūānuku, ourselves and each other! Especially now, all these things are super important!

https://www.youtube.com/watch?v=HNFL24T7M2o&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_in dex=2

Video 3 - Our First People This kōrero is about our very first people ...Hineahuone, her daughter Hine-tītama who turned into Hine-nui-te- Pō, and the very first Man, Tiki. This story speaks to how our WHAKAPAPA or ancestry. Knowing who we are and where we come from is so important.

https://www.youtube.com/watch?v=_8f7HRlf9eU&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_in dex=3

Video 4 - The Great Fish of Māui With the help of his brothers, Māui was able to fish up the biggest fish ever caught. This became the North Island of Aotearoa and the South Island, the waka! This is a beautiful pūrakau about when we HELP one another, great things can be achieved!

https://www.youtube.com/watch?v=BeAuAoxokSo&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=4

Video 5 - Ngake and Whāitaitai This is a story of the two Taniwha – Ngake and Whāitaitai, who lived in the Wellington harbour centuries ago. One of them finds his own space in the Cook Strait and the other looks down upon Te Whanganui a Tara, surveying all from the top of Mount Victoria. We can create SPACE around us, and inside us with our Mindfulness mahi.

https://www.youtube.com/watch?v=xAzoR39412w&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=5

Video 6 - The Great Battle of the Mountains This is the story of the Battle of the Mountains of the North Island. Even through war, LOVE overcomes all! Isn't it true that LOVE can overcome and conquer even the most fiercest of battles? A theme for us all in everyday life.

https://www.youtube.com/watch?v=PwPCiSZ7Eco&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=6

Video 7 - Māui and the Fingers of Fire In this narrative, Māui's cheeky nature 'tinihanga' takes over to deceive the Goddess of Fire Mahuika. This pūrakau has a theme of HONOUR, honour for our tūpuna or ancestors and honouring the customs and ways of our people.

https://www.youtube.com/watch?v=B2Vsm131PZ0&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=7

Video 8 - Māui Snares the Sun Māui and his brothers wanted to enjoy the sun, so they hatched a plan to slow him down. To this day, you and I can enjoy the warmth and light of Tama-nui-te-Rā because he has learned now, to travel slowly. Something we can all do from time to time! Kia āta haere, nē? How SLOW can we move today without rushing?

https://www.youtube.com/watch?v=kZyZQ_ZpkiY&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5_&index=8

