

## Hauora- Building your whare

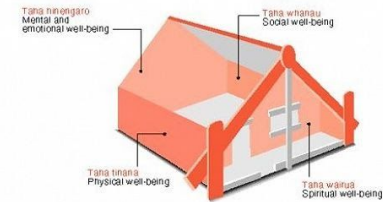
Each statement is worth 1 building block [square]. Shade in one block for each statement and watch your hauora grow. Elements may not apply to everyone.

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
29. Overcame a barrier.
30. Went to bed early
31. Said no to junk food.
32. Sacrificed your time for someone else.
33. Finished a project
34. Made a nutritious meal for your family
35. Thought about the things that are most important to you and considered how well you are doing at sticking to those things.
36. Stretched or did some yoga.
37. Drank enough water.
38. Asked for forgiveness
39. Expected more from yourself
40. Hugged a tree/ appreciated nature
41. Took control of a situation without being asked
42. Made your bed without being asked
43. Went a whole day device free
44. Built a hut (inside or outside)
45. Practiced a skill for a sport

The whare tapa wha model of well-being.



These statements are by no means what determines your Hauora - Well Being. They are merely a way in which you can measure your level of understanding [your own ZPD] and connect to physical literacy. Understand that right now this is who you are and where you're at. Our role is to guide you to what you can become and as you take on PLD and gain a better understanding you will be surprised at what/who you can become.

Taha Tinana

Taha Wairua

Taha Whānau

Taha Hinengaro

Physical

Spiritual

Social

Mental and Emotional


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?