



# Mindfulness for Children

We 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. You could send them to your students all together or you may choose to send out a couple each week as part of your home learning packs. For your literacy work you could use the video as a stimulus.

To give you more information about each videos we have used the explanation found on the YouTube channel and the direct link for each video.

## 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 Rangī and Papa. From that darkness, we can now experience the LIGHT or Te Ao Mārama.

[https://www.youtube.com/watch?v=xhliBuF0NzQ&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5\\_&index=2&t=4s](https://www.youtube.com/watch?v=xhliBuF0NzQ&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5_&index=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=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5\\_&index=2](https://www.youtube.com/watch?v=HNFL24T7M2o&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5_&index=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=8f7HRIf9eU&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5\\_&index=3](https://www.youtube.com/watch?v=8f7HRIf9eU&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5_&index=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=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5 &index=4](https://www.youtube.com/watch?v=BeAuAoxokSo&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5&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=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5 &index=5](https://www.youtube.com/watch?v=xAzor39412w&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5&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=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5 &index=6](https://www.youtube.com/watch?v=PwPCiSZ7Eco&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5&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=B2VsmI31PZ0&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5 &index=7](https://www.youtube.com/watch?v=B2VsmI31PZ0&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5&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=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5 &index=8](https://www.youtube.com/watch?v=kZyZQ_ZpkiY&list=PLO27UAuimTzLrnIq6XaYFy78SV29yDx5&index=8)



### **Video 9 - Rata and the Tōtara Tree**

This is a beautiful story of RESPECT, respect for our Ancestors, for our environment, for each other and for ourselves!

[https://www.youtube.com/watch?v=ZzWvZcpyEKw&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5 &index=9](https://www.youtube.com/watch?v=ZzWvZcpyEKw&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5&index=9)

### **Video 10 - Hatupatu and the Birdwoman**

This is a story about how Hatupatu escaped the evil grasp of the Birdwoman. It's good to be GRATEFUL for our life like Hatupatu. It's good indeed to be alive. Kia ora tonu tātou!

[https://www.youtube.com/watch?v=0dowIsKLafo&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5 &index=10](https://www.youtube.com/watch?v=0dowIsKLafo&list=PLO27UAuimTzLrnlq6XaYFy78SV29yDx5&index=10)

The complete video play list can be found at

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