

PE and Health ideas  
for parents teaching  
their kids from home

# HAUORA - WELLBEING



## PHYSICAL - TAHA TINANA

Can you create your own Parkour in your backyard like Kaiya and Cruz?  
To find out how they did it, enter the URL below to watch the video  
<https://youtu.be/vqG1LvGdwxo>



## SOCIAL - TAHA WHANAU

Create a fun space where you and your bubble can eat – will it be a picnic in the backyard, a fancy dinner at the table or eating in a homemade hut?



## SPIRITUAL - TAHA WAIRUA

Take a walk in your neighbourhood and take notice of your surroundings. How many autumn trees can you find? How many teddies are still waving in the windows? Enjoy breathing in the fresh air.



## MENTAL/EMOTIONAL - TAHA HINENGARO

Eating particular foods can affect your taha hinengaro and impact how you feel. It's important to get a good balance of what we need in order to provide positive energy. Can you create a fun healthy snack for your bubble.  
<https://www.healthykids.org.nz/eat/recipes>



## THE 5 WAYS OF WELLBEING

(MENTAL HEALTH FOUNDATION)

- 1) Connect
- 2) Give
- 3) Take notice
- 4) Keep Learning
- 5) Be active