

PE and Health ideas
for parents teaching
their kids from home

HAUORA - WELLBEING



PHYSICAL - TAHA TINANA

Set up a trick shot using the equipment you have in your house. Practice, refine it and then record or share it.
NB: Use TV1 news- sports for inspiration and make sure you're safe



SOCIAL - TAHA WHANAU

Facetime or set up a zoom meeting to connect with your mates.
NB: You could even share your trick shot with them.



SPIRITUAL - TAHA WAIRUA

Start a gratitude journal.
Every morning write down 3 things you're grateful for.



MENTAL/EMOTIONAL - TAHA HINENGARO

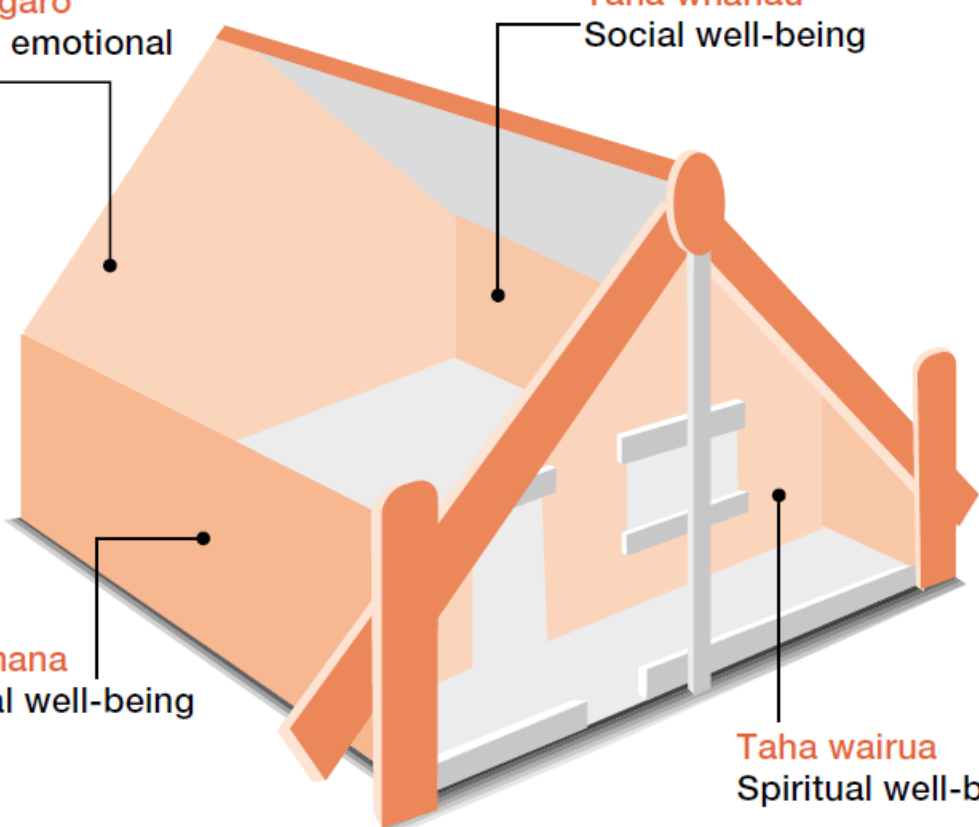
Log into Cosmic Kids and try some yoga and mindfulness.

Taha hinengaro
Mental and emotional
well-being

Taha whānau
Social well-being

Taha tinana
Physical well-being

Taha wairua
Spiritual well-being



Hauora is a Maori term for wellbeing.

The Whare Tapa Wha (Mason Durie) model is made up of 4 walls; social, spiritual, physical & mental/emotional.

All 4 walls are necessary for strength and symmetry.