

WELLBEING CALENDAR

HEALTHY ACTIVE LEARNING



Each of the activities listed in the calendar below will help to improve your Hauora (Mental, Social, Spiritual and Physical Wellbeing) in these strange and possibly difficult times.

1. Start at Day 1
2. Complete the activities either on your own or with a member of your whānau.
3. Record what you did for each activity by either writing it down in a journal or by making a video/photo album that you can share.

Remember have FUN while doing the activities.



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Download TikTok and start creating some new whānau bubble Tik Toks.	Design an obstacle course around your yard and then challenge your whānau to complete it.	Learn a Pasifika action song or counting game (there are lots on line).	Take a whānau walk, you be the leader as you where your walk goes, remember stay local.	Enjoy a family picnic in your backyard then play games after the kai.	Draw a hopscotch on your drive and play with your whānau.	Using a ball design a trick shot. Start easy and then see how difficult you can make it. Use whānau members as well if you want.
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Lie down on the ground and count all the different sounds you hear in 5 minutes, then write them down. Play a game with your whānau and see who can guess, what makes each sound.	Learn a Māori action song or counting game (there are lots on line).	Create a handshake with a member of your whānau, make sure you add in jumps, spins etc.	With your whānau play charades using only a sports theme.	Spend 20 minutes having a go at yoga.	Invent a game using just one ball and things from around your house/garden that you can share with your classmates when you get back to school.	Play the floor is lava in your back yard, how many different ways can you get from one side to the other.
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Write down 3 things you are grateful for today.	Find somewhere to sit quietly and look around you to see if you can see something of every colour of the rainbow. (R, O, Y, G, B, I, V)	Design a fitness circuit that you and your family can do in the back yard.	Create a short video on your device, showing other people how to perform a sports skill.	Learn something new today, like making a poi or learning a new waiata.	With a whānau member design 4 different partner balances and see how long you can hold it for. If you can do this, try with 3 or 4 people.	Make your own gutter board and challenge your siblings or parents to a game. Who is your whānau champion?
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Teach yourself to juggle – use 3 small balls or something similar.	Write down 5 statements about how you are feeling about being at home all of the time. From any negative statements, think how you could put a positive spin on it.	Go for a walk around your local area – how many teddy bears can you find? How many different kinds of birds can you see?	Create a game that you can use maths in e.g. counting, telling the time or your times tables.	Write a list of A to Z – go around the house and garden see how many objects you can find starting with each letter.	Lay on the ground and look at the clouds, can you see any animal shapes, cartoon characters etc.	Do a whānau physical activity that you all love, and means something to you. You could record a video and talk about why it is important.