

“Let’s make a difference”

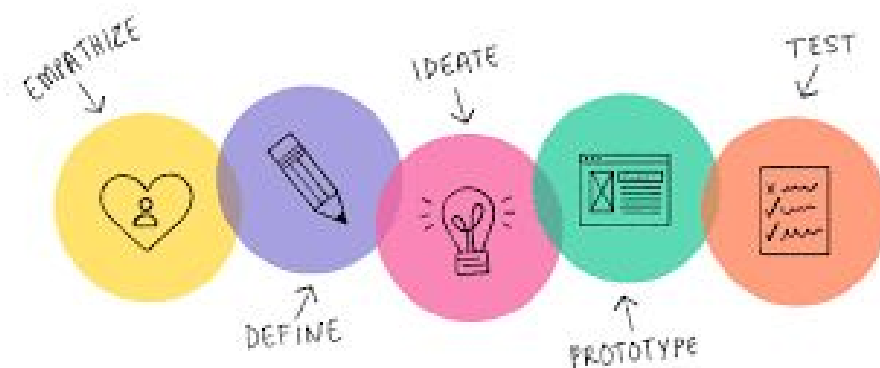
Come up with a practical idea that will help to improve the wellbeing for yourself, others (in your bubble) and/or the community in which you live.

Examples could be; create a tik tok challenge to encourage people to stay active, spread positive chalk messages on the footpaths, record yourself singing or playing a musical instrument and share with the local rest home.

For the older kids:

You could use the **Design Thinking Process** to help you get to the end product.

First try and understand what is going on, use the reflection questions to guide you, brainstorm and ‘empathize’ with the situation or problem we have in front of us.



Then define the problem, come up with a range of ideas to help and promote better health and wellbeing for either yourself, others (in your bubble) or your wider community.

You could also think about using the **5 ways of wellbeing** to help you come up with some of your ideas.



Try them out and decide which idea is the best to continue with.

Finally, Implement the task (action) and reflect on it.

NB: when brainstorming your ideas remember to think about the physical distancing rule (2m or more) and staying in your bubble and inside your local community.

Post learning experience

You could use some of these questions linked to two of the Health and Physical Education Underlying Concepts:

HAUORA - Te Whare Tapa Wha Model

Taha tinana - Physical well-being

the physical body, its growth, development, and ability to move, and ways of caring for it

Taha hinengaro - Mental and emotional well-being

coherent thinking processes, acknowledging and expressing thoughts and feelings and responding constructively

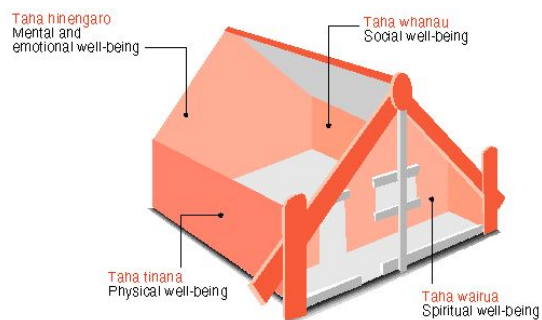
Taha whanau - Social well-being

family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion, and caring; and social support

Taha wairua - Spiritual well-being

the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness

Each of these four dimensions of hauora influences and supports the others.



- 1) *How did your action/s affect **your** well-being?*
 - *Did it affect you socially, physically, mentally and emotionally, spiritually - explain*
- 2) *How did your action/s affect the wellbeing of **others in your bubble and/ or community**?*
 - *Did it affect others socially, physically, mentally and emotionally, spiritually – explain*

HEALTH PROMOTION (taken from the NZ curriculum):

Health promotion encourages students to make a positive contribution to their own well-being and that of their communities and environments.

- 1) *Do you think you contributed positively to the environment in which you live, learn, play?*
How?
- 2) *Did you develop any new skills to improve your own wellbeing? If so, what?*

NB: This activity can be done with all ages. You just need to adapt the questions when brainstorming ideas and when reflecting on the task.