

## Whanaungatanga



### He Kakano Ahau

Listen to the following popular [waiata](#). Whilst listening, close your eyes and take notice of the feelings that encapsulate you. Enjoy the moment. If you want to know the [lyrics](#) check out the link. You will also find a bit of the history here.

## Manaakitanga



### Thankfulness

Make a card, write a letter, make a social media post or send a video to show your gratitude to someone in your life. Don't forget to share what you are grateful to them for.

## Rangatiratanga



### Kori tinana

Exercise is important for well-being. Create an exercise routine for yourself to complete. Include some cardio and weights. Workout should be at least 20 minutes. Can you get your whānau involved?

## Kotahitanga



### Go unplugged

Take some time out from gadgets and devices today. Get out with nature, get into a good book or play some cards or a board game. Get your whānau involved too.

### Podcast Time

Podcasts are a great way to learn something new, connect with kaupapa and issues you are interested in or even just laugh. Check out podcasts online and just take some time to listen. Who knows what you will find.

### What's your at home study style?

Complete this [quiz](#) link and figure out how best you study at home. Once you know, check out the links provided at the end to help you grow your study skill.

### Who are we?

Spend some time with your whānau/koputangata/aiga getting to know who you are as your family. Where do you come from? What were some of the stories of your family growing up? Just sit and talk. Here are prompts to help.

### Kai time

Take the reigns and cook dinner for your whānau. Have siblings? Get them involved. **Challenge:** Your chosen meal has to have 4 different coloured foods.

### Space of Zen

Rearrange your room. Declutter and get rid of clothes you no longer use. Donate the things that are still useful and well looked after to the second hand shop. What is your junk could be someone else's treasure.

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### Whakarongo ki te puoro

Find a space where you are most comfortable, close your eyes and listen to your favourite song. Take notice of how the song makes you feel. Name these feelings and enjoy the moment, share with someone how your song makes you feel

### Plan the ultimate holiday around NZ

You have \$10,000 to plan your ultimate holiday around NZ. Include **accommodation, modes of travel, kai, length of holiday and experiences**. Where will you go? Plan a trip with your whānau? Every added person gives you an extra \$1,000.

### Dream Car, Dream Team

Using the example: & think about what makes a good friend. Add these to make your dream car. Think about how they can be added as similes e.g. **Friends can be like... headlights** because they're bright and illuminating and can help us find our way.

### Budding Artist

Take a piece of paper and a pen/pencil find a spot outside and draw the surroundings that you have chosen.  
Can you draw a different **perspective** of the same view. Imagine you are an ant, what might it look like now?

### Move your body

Grab your whānau and take a hiko around your area.

Create a workout for your whānau to complete together. Decide on how many **reps** and the type of exercises you want to include.

### Device free day.

Come up with activities or things to do that doesn't involve a device.

- Read a book
- Re-arrange your room
- Start a puzzle
- Write a story

### Kaikai time

Make or help with preparing dinner for your whānau. How can you help? Get/prepare the ingredients for the main cook, be the main cook and cooking the meal or even set the table - kei a koe (up to you).

### 'Arrgh me hearty'

Create a treasure hunt for your whānau. Make or choose your treasure and hide it away. Create a map and clues for your whānau to solve to find the treasure.

### Charades - Act it out

Grab your whānau to participate in game of good ol' 'charades'. Get your whānau to come up with ideas

### Fa'afetai tele lava

Giving thanks is a great way to show gratitude to others. Write a letter, card or even create a video giving thanks to someone you are grateful for. Don't forget to tell them why.

### Change it up

How creative are you? Can you take one of your favourite songs and re-write the lyrics to match your whānau?  
Think about the characteristics each of your whānau have

### Hut making

This one is good for wet weather. Using the items and furniture in the house, build the ultimate hut, cave or hideout to hang out in. How creative can you be? Don't forget to clean it all up at the end.

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### Waiata mai

Play a song and make up a dance! Record this and see if you can get your whānau to join in too!

### Gratitude

Make a card/ write a letter to tell someone you care about why they are important to you!

### Dress yourself

Today, see if you can dress yourself, naming the parts of clothing as you put them onto your body. Can you name these in Te Reo Māori, Cook Island or Samoan too?

### Build a Fort

Make a hut/ fort using things around your house. What can you do inside your fort? How big can you make your hut? How small can you make your fort? Don't forget to clean it up too!

### Play, Play, Play

Have fun playing outside today! See if you can walk **over** something, walk **under** something and walk **through** something.

### Kaitiaki of our land

Grow/ look after a new plant! Make sure each day it has enough water, soil and sunlight!

### Karakia mō te kai

Learn a karakia that you can lead/ say before having a kai! Try to learn one in another language too!

### We can all work together

Help your whānau by working together to do a chore/ job. Help get the pegs to hang the washing, put some of your toys away or help to vacuum an area.

### Who is in your Whānau

Name the people and pets in your whānau. Can you draw them too? Can you tell us about each person/ pet you have?

### Kaitiaki of our sea

Make a sea creature picture using things you find outside-leaves, flowers, bark, sticks etc. How big can you make your creature?

### Look what I can do

What is one thing you can do that you are proud of? Share this with someone else, show them how to do it too!

### All Hands In

Trace around your hands. Cut & colour them in to make them uniquely you! Hang them on a wall to show off your unique whānau.