## Toiora Wellbeing



Learning Resource
Worksheet
Year: 0-8

Taku ingoa (name):

Te Reo Māori | English

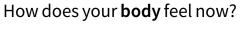
You have been sitting still for a while.

He pēhea te rongo o tō **tinana** ināianei?













He pēhea te rongo o tō **hinengaro** ināianei?







How does your **mind** feel now?





Go outside with your teacher and classmates.

Spend at least 5 minutes doing physical activity:

- hīkoi (walk)
- oma (run)
- peke (skip)
- kutarere (scooter)
- paihikara (bike)
- play a kēmu (game)



He pēhea te rongo o tō **tinana** ināianei? He rerekē?







How does your **body** feel now? Any different?





He pēhea te rongo o tō **hinengaro** ināianei? He rerekē?







How does your **mind** feel now? Any different?





What have you discovered? Discuss with a friend.





## Toiora Wellbeing



Worksheet
Year: 4-8
Taku ingoa (name):

You have been sitting still for a while.

How does your **body** feel now?











How does your mind feel now?











Go outside with your teacher and classmates.

Spend at least 5 minutes doing physical activity:

- hīkoi (walk)
- oma (run)
- peke (skip)
- kutarere (scooter)
- paihikara (bike)
- play a kēmu (game)



How does your **body** feel now? Any different?











How does your **mind** feel now? Any different?











What have you discovered? Discuss with a friend.





## Toiora Wellbeing



Worksheet
Year: 0-3
Taku ingoa (name):

You have been sitting still for a while.

How does your **body** feel now?







How does your mind feel now?







Go outside with your teacher and classmates.

Spend at least 5 minutes doing physical activity:

- hīkoi (walk)
- oma (run)
- peke (skip)
- kutarere (scooter)
- paihikara (bike)
- play a kēmu (game)



How does your **body** feel now? Any different?







How does your **mind** feel now? Any different?







What have you discovered? Discuss with a friend.



