

# *My Whanau* @ HOME

This week is about your WHANAU ! You have spent a lot of time at home with your whanau lately and you will know them very well by now! You might also have seen more of your whanau now at Level 3, yay!

This slideshow is once again just a guide - please do what works for you. You also have your learning packs so these can also be a great activity choice in your child's day.

If you need any support with any of your home learning please email me [mcross@hurupaki.school.nz](mailto:mcross@hurupaki.school.nz)

I am here to help if you need it!

# Well-being @ HOME

## DANCE:



So easy! Raise the feel goods in your body by having a wee boogie for a song or two.

## GARDEN:



The combo of being outside, being a lil' bit active and being in the moment are great wellbeing boosts, but there's also evidence that learning how to care for and nurture plants can reduce stress, and help shift our mindset and give us perspective.

## DO SOMETHING FOR SOMEONE ELSE:



Have a long-distance chat with a neighbour (shouting is totally allowed!), give sealed food or flowers away from outside your property if you've got lots, or read a story to someone over Facetime. Anything that helps others... do it just coz!

## MAKE TIME FOR FRIENDS:



Connecting with others is a winning way to wellbeing. Make time for your mates and rellies, allow online playdates and ensure you catch up with mates too once the kids are in bed.



## LEAVE A CHALK NOTE FOR SOMEONE:



This combines being outside and acting with kindness, or 'giving' – both wonderful ways to wellbeing. Make sure your note is sincere and add a compliment to make the recipient's day.

## HAVE SOME ALONE TIME:



Make sure you all get to spend time on your own – in separate rooms or places just quietly doing something for yourself. Schedule it in if needed or tag in and out with your partner. Take some time to just relax for a short while.

Connect: You might like to join us on Zoom Wednesday @9.30am for a chat!

Dont forget to MOVE! Exercise energises our body and our brains!

# Literacy

# To Do @ HOME

# & Numeracy

## You can choose some activities:

Read or count out loud to your pets - they love to hear stories too, especially cats and dogs (probably chickens as well!)

Write a thank-you letter or draw a beautiful picture for one of your whanau that you appreciate, tell them why!

Record your reading, writing or maths and share with someone outside your bubble that you miss, could be friends, family or Me!

Create a character profile of someone from your whanau! List what they look like, what things they like and dislike, something you have learnt about them...

Main ideas: Tell us the Main ideas in the story, just what happened at the beginning, middle and end, see how you can present it!

Make a picture or model of some of your whanau. Use different craft materials to make them, natural materials are neat too!

**Also Try: SUNSHINE ONLINE**

<https://www.sunshineonline.co.nz/>

Login: sunshine1018 Password: hurupaki1018

# What we do @ HOME

We know playing at home always contributes to your learning, so this week I thought you could tell me about things you do as a whanau at home! We have enjoyed playing cards, my girls have learnt lots of fun games and we like to sit down as a family and play together.

Share these things that you do with us, send to Miss Cross or share to Seesaw, we would love to see!

## Tell us:

What are you doing?

Why do you Love doing this?

How do you do it?

Who is joining in?

What makes you want to keep doing this activity?

Can you extend your activity, find out more about it?