

Give / Tukua

Giving can mean different things to different people. For some, it could mean carrying out acts of kindness. Giving can increase student's happiness, life satisfaction and general sense of wellbeing.

Nature gives us physical, emotional and mental wellbeing so it's important we all give back to it when we can. Giving back to nature by nurturing, caring for and looking after it allows our natural environment to flourish.

Create things with your hands:

Creating things with your own hands is a wonderful way to practise many of the [Five Ways to Wellbeing](#). It allows students to Take Notice by being in the moment, Keep Learning new things and Give their new creations to whānau, friends or the community.

Activity:

Learning to weave with harakeke/flax is a great way to connect students to the world around them. If you're lucky enough to have a harakeke bush nearby, ask your students to go and collect their own.

Another option is to ask a local kaumātua, kuia, teacher, parent or any other person who can assist in the collection of harakeke to guide your students to make their own putiputi/flowers and whetū/star.

Use the harakeke your students make to decorate your classroom or ask your students to gift their creations to someone special to them. You could even gift them to a local marae, retirement village or community centre!

Here are a links to read and watch on harakeke:

- [Instructions on how to make putiputi](#)
- [Instructions on how to make whetū.](#)

While collecting harakeke, there are ways to [harvest harakeke](#) that not only [uphold Māori tikanga](#) but also protect the plant you are harvesting from.

Nature origami

Origami is the art of paper folding and has been practised in Japanese culture since the 1600's. The technique involves creating sculptures from paper, with the best-known origami creation being the Japanese paper crane.

Activity:

Encourage your students to learn something new through origami. Here are ideas on how to create [fish](#), [butterfly](#) and [kiwi](#) origami. Creating origami takes concentration and helps students to be in the moment as much as possible. Some origami is incredibly complex so it's best to start with some simpler designs. Once students have made their origami creations they can be displayed in the classroom or taken home as a gift for whānau.

Gardening and planting:

Gardening and planting can be a great way to learn about the [Maramataka](#) (the traditional Māori lunar calendar) or [rongoā](#) (traditional Māori medicine). For example, the [Maramataka](#) tells us when the best time in the year is to plant seeds or harvest certain kai/food.

Activities:

- Plant a seed or seedling for the classroom or put them in pots outside the classroom or around the school!
- Encourage students to get involved in a [Forest and Bird](#) or local community planting day.
- [Create a garden](#) to grow vegetables and/or fruit for the school community to eat.
- Create a [tui feeder](#) and learn how to make sugar water to attract native birds into green spaces at school.
- Make a worm farm, compost or bokashi for your classroom to reduce organic waste going into [landfill](#).