

Explore taha tinana

Physical wellbeing

What is taha tinana?

Taha tinana is your physical wellbeing. It is about how your body grows, feels and moves and how you care for it.

Taha tinana is just one aspect of health and wellbeing and cannot be separated from all others.

Why is taha tinana an important way to wellbeing for your school or kura community?

Having a strong sense of physical wellbeing is important for your mental health and helps you better cope with the ups and downs of life. Learning to love your tinana/body, and accepting your own, and other's differences, is a big part of positive physical wellbeing.

Like our hinengaro/mental wellbeing, our tinana goes through ups and downs and that's okay. Injuries, stress, disability and body image can all affect how we view our tinana and how we look after it. The below activity ideas will help all people in your school or kura community uplift their taha tinana, no matter how they're feeling right now.

Exploring your way to wellbeing through taha tinana

- At the start of the day do a round robin and ask tamariki 'how does your tinana feel today?' Suggest things they can do if their energy levels are too high or too low such as star jumps, slow breathing exercises or stretches.
- Ask taura to think about as many things as they can that make their tinana feel good or strong. It may be getting lots of sleep, stretching, playing a sport, or mindfully breathing.
- Look at how accessible your school or kura is for people who may be using wheelchairs or other mobility supports to get around. Visit www.beaccessible.org.nz for more information on how you could improve accessibility. Ask taura to think of ideas, too.
- Research different views of beauty across time periods and between cultures and discuss how physical beauty is in the eye of the beholder.

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- Lead tamariki/taura or hoamaahi/colleagues through a body scan meditation, there are heaps on YouTube!
- Have a tinana day with lots of different activities for different fitness levels and abilities – you could do tai-chi, relay races, kaiako vs taura netball or basketball, or maybe even a dance-off – mix it up and keep it fun and relaxed. Invite whānau to join the fun, too.
- Ask taura to finish the following statement, “my tinana is amazing because ...”. It may be something as simple as “my heart keeps beating”, “it allows me to walk”, “it can run fast” or “it can hug people.”
- Get taura into groups and ask them to set some goals around their tinana – it could be joining a sports club at school or outside, getting more sleep, learning to make nutritious kai, doing breathing exercises when feeling stressed, appreciating their body more, or anything else that is important to them.
- Hold a kaiako steps competition using pedometers – see who can walk the most steps in a week and award a prize at staff hui.



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