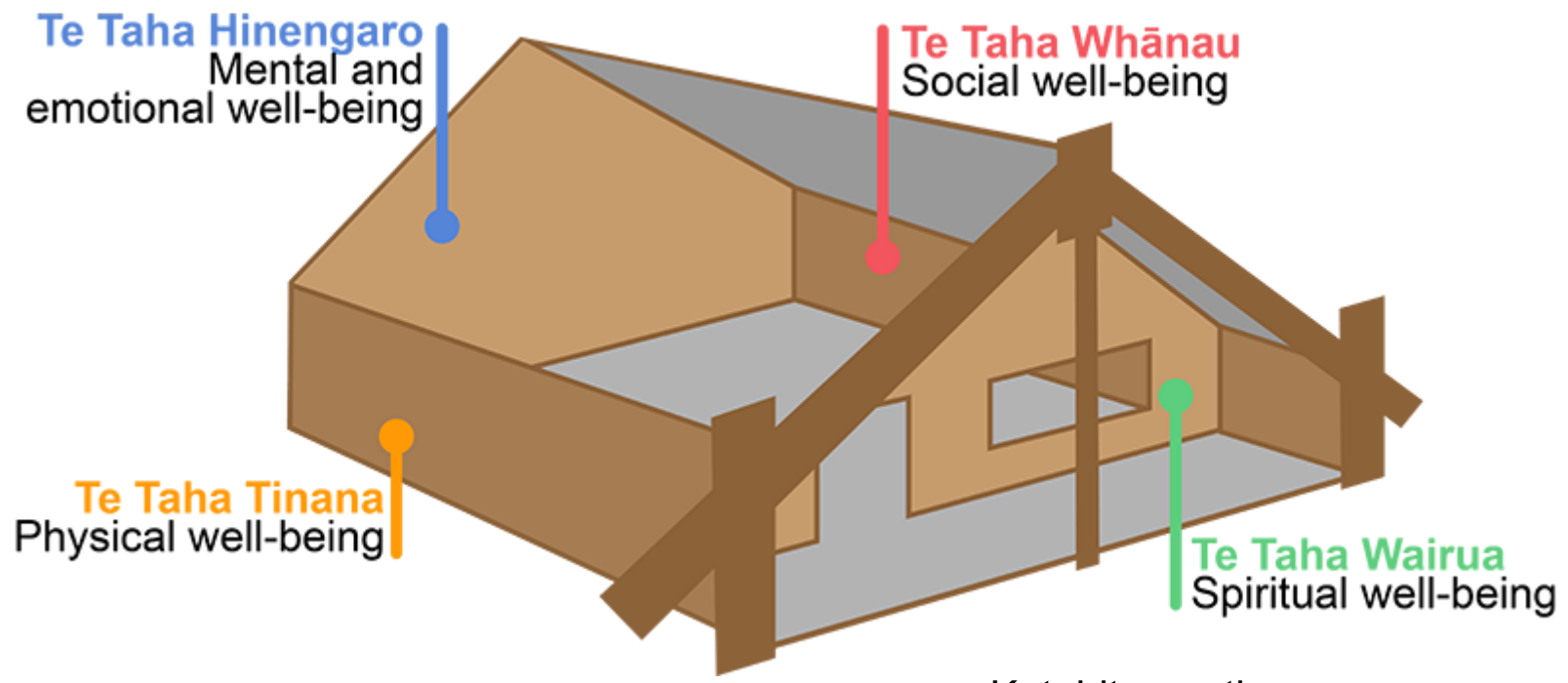


- Sparklers
 - Pause, breathe smile
 - Trauma-informed behaviour management.
- Making Space for Learning.
- Zones of regulation.
 - Understanding Behaviour, Responding Safely.
 - Navigating the Journey



- Monday meetups
- Celebrations
- Wellbeing surveys
- Sparkler stars
- Mihi whakatau
- Poroporoaki
- Friendship seats
- Getting to know whānau backstories



- Fire safety
- Nutrition
- Beach Ed
- First aid
- Road patrol
- Swimming
- Animal safety
- Sport
- CRT lessons
- Camps
- EOTC

**Kotahitanga + Whānaungatanga +
Manaakitanga + Rangatiratanga =
Pumanawatanga**

- Kotahitanga time
- Karakia
- Waiata - singing
- Mihi whakatau
- Poroporoaki
- Mindfulness
- Pause, Breathe Smile

In health and physical education, the use of the word hauora is based on Mason Durie's Te Whare Tapa Whā model (Durie, 1994). Hauora and well-being, though not synonyms, share much common ground. Taha wairua relates to spiritual well-being; taha hinengaro to mental and emotional well-being; taha Tinana to physical well-being; and taha whānau to social well-being