

Hauora: Wellness Goal

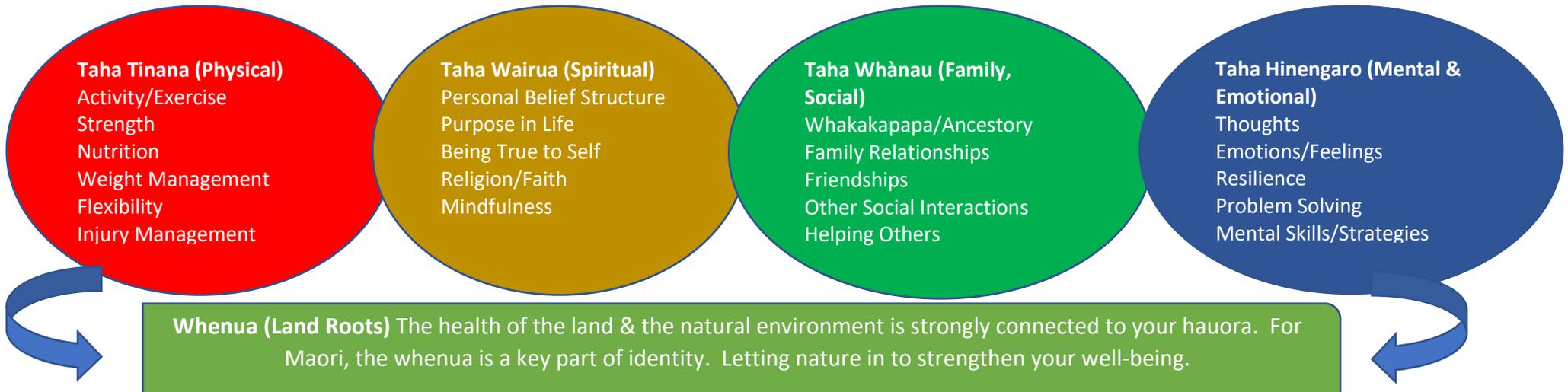


The Māori holistic model of health, te whare tapa whā, reminds you to take care of all the different aspects of your life to support your wellbeing.

By nurturing and strengthening all 5 dimensions, you support your health and wellbeing, as well as the health and wellbeing of your whānau.

If something in your life is challenging the wellbeing of one wall or dimension, you can draw on the foundation and other walls until you can strengthen that wall again.

And to build resilience for the tough times, you can explore your way to wellbeing by choosing one small step at a time to strengthen one of your dimensions.



Hauora (Wellness) Goal: choose a domain/s to focus on for the term.

Examples

Either:

Taha Tinana – Physical Health

I want to improve my fitness and am going to run 3 times per week, either 3, 4 or 5km and try and improve my running time over this distance during the term.

Taha Hinengaro – Mental Health

I want to think more positively about myself so I am going to take 3 walks per week and notice what is happening in the present moment while I am walking. I am also going to note my mood before I leave for my walk and then how I am feeling after.

Taha Wairua – Spiritual Health

I want to make time for daily reflective prayer in my own time and I am going to set aside 10 minutes each day to be 'still' and give gratitude for 2 things that happen each day.

Taha Whānau – Family and Friends

I want to spend some meaningful 'active' time with my family and I am going to organise 3 occasions to be together over the term and I will plan them and share them with my family. I am going to sort an outing to Maclarens falls for a weekend picnic; biking in the redwoods; sort a family game of ultimate frisbee or touch against another family.

Whenua – Connection with Land or Environment

I am going to connect with a green or blue space 5 times per week. I am also going to support my family to use the car less and reduce carbon emissions by riding my bike to school on dry days this term.