

# Toiora Wellbeing



Te Reo | English

You have been sitting still for a while.

He pēhea te rongo o tō **tinana** ināianei?



How does your **body** feel now?



He pēhea te rongo o tō **hinengaro** ināianei?



How does your **mind** feel now?



Go outside with your teacher and classmates.

**Spend at least 5 minutes doing physical activity:**

- hīkoi (walk)
- oma (run)
- peke (skip)
- kutarere (scooter)
- paihikara (bike)
- play a kēmu (game)



He pēhea te rongo o tō **tinana** ināianei?

He rerekē?



How does your **body** feel now?

Any different?



He pēhea te rongo o tō **hinengaro** ināianei?

He rerekē?



How does your **mind** feel now?

Any different?



What have you discovered? Discuss with a friend.

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