

SENSES OF HAUORA AND WELL-BEING IN EARLY CHILDHOOD INITIAL TEACHER EDUCATION

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KURATINI TUWHERA

KO WAI TĀTOU?



The logo for Healthy Families Waitākere features a stylized green caduceus symbol above the text. The word "healthy" is in a grey sans-serif font, and "families" is in a larger, bold grey sans-serif font. The word "Waitākere" is in a smaller green sans-serif font below it. At the bottom, the Māori phrase "He oranga whānau" is written in a grey sans-serif font.

healthy families
Waitākere
He oranga whānau



The logo for the University of Auckland features a crest with three stars above an open book, all within a shield. Below the crest, the text "THE UNIVERSITY OF AUCKLAND" is written in a white serif font, and "NEW ZEALAND" is written in a smaller white sans-serif font below it.

THE UNIVERSITY OF
AUCKLAND
NEW ZEALAND



The logo for AUT University features the letters "AUT" in a large, bold, white outlined sans-serif font. Below it, the word "UNIVERSITY" is written in a smaller white sans-serif font, and "NEW ZEALAND" is written in a white sans-serif font at the bottom.

AUT
UNIVERSITY
NEW ZEALAND



The logo for Unitec Institute of Technology features a stylized white "U" symbol. To the right of the symbol, the word "Unitec" is written in a large white sans-serif font, and "Institute of Technology" is written in a smaller white sans-serif font below it. At the bottom, the Māori name "TE WHARE WĀNANGA O WAIRAKA" is written in a white sans-serif font.

Unitec
Institute of Technology
TE WHARE WĀNANGA O WAIRAKA



During this session we will:

Breathe

Whakawhanaungatanga –

Ko wai tātou?

Describe the history of our
project

DUE TO COVID 19.....

**WE ARE ASKING
RIOTERS**

TO WORK FROM HOME

**AND DESTROY THEIR
OWN PROPERTY.**

**PRETTY WILD
HOW WE USED
TO EAT CAKE
AFTER SOMEONE
HAD BLOWN ON IT...
GOOD TIMES...**

<https://www.facebook.com/ItalyFoodMagazine>

**NOW THAT I'VE LIVED
THROUGH AN ACTUAL PLAGUE,
I TOTALLY UNDERSTAND
WHY ITALIAN RENAISSANCE
PAINTINGS ARE FULL OF
NAKED FAT PEOPLE LAYING
ON COUCHES.**

**I told my suitcases
that there will be no
vacation this year.
Now I'm dealing with
emotional baggage.**

**Lockdown can only
go 4-ways. You'll
come out a monk,
a hunk, a chunk
or a drunk.
Choose wisely!**

***I'm not adding this
year to my age,
I did not use it.***

HOW DO WE TAKE CARE OF OURSELVES?



Ehara taku toa i te toa takitahi
engari he toa takitini.

I come not with my own strengths
but bring with me the gifts, talents
and strengths of my family, tribe and
ancestors.