

Movin' March Learning Resource



Week 1: Well-being

Teacher Resource
Suitable Yrs 0-8

The theme for Week 1 in Movin' March is:

Mā raro, mā wira rānei nā te mea... he pai mō tōku toiora!
I walk or wheel because... it's great for my wellbeing!

This learning resource suggests some activities you could do with your class this week to support students' participation in Movin' March. This includes a 15-minute outdoor activity with your class and also links to more in-depth lessons in the [Active Travel Action](#) and [Ready, Steady, Go!](#) resources.

The purpose of this activity is to increase the student's awareness of how their body feels when they move, and how it can improve their mood.

1. Ask your students how they might be feeling right now, having sat still for a while. How do their bodies feel? Calm, relaxed, restless, tight, sore, fidgety, not sure, fine? Think, pair, share.
2. Now how about how their minds are feeling? Do they feel happy, content, worried, anxious, angry, annoyed, surprised, shocked, bored, restless, not sure, fine? Think, pair, share.
3. Ask students to rate how they are feeling. Give them the following worksheet to complete the first part and allow time to discuss their answers with a friend.
4. Take your class out into the playground and allow students to walk, run, skip, scooter, or bike around for at least 5 minutes.
5. Now ask them to rate how they are feeling, after some exercise. Ask them to complete the worksheet and allow time to discuss their answers with a friend.
6. Discuss how active journeys, such as walking, biking and scootering, help improve mental health and physical health, can lift your mood, improve your fitness, and make you feel good.

Useful links:

- [Te Whare Tapa Wha – Sparklers: Taha Tinana \(physical/body\), Taha Hinengaro \(mind\)](#)
- [Active Travel Action - Greater Wellington and Enviroschools: See 1:6 Active Travel Action benefits \(p26\), 3:1 Why not Active Travel \(p70\)](#)
- [Ready Steady Go! Active Travel resource from Auckland Transport: See Lesson 1 - intro and benefits, Lesson 4 - Fit & Healthy, Lesson 5 - Exercise makes us happy](#)
- [Resources and Activities from Greater Wellington's Getting to school website](#)

See [Resources and Activities](#) for more weekly themes and complementary resources.
The [Whānau Photo Competition](#) also features the benefits of active travel for tamariki and whānau.

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Student Resource

Name: _____

You have been sitting still for a while. How does your **body** feel?

Draw a circle around the face that shows best how your **body** is feeling now.



1



2



3



4



5

Draw a circle around the face that shows best how your **mind** is feeling now.



1



2



3



4



5

Now, go outside with your teacher and your classmates and spend at least 5 minutes doing physical activity: walk, run, skip, scooter, or bike around.

Now how do you feel? Any different?

Draw a circle around the face that shows best how your **body** is feeling now.



1



2



3



4



5

Draw a circle around the face that shows best how your **mind** is feeling now.



1



2



3



4



5

What have you discovered? Discuss with a friend.