

Personal Profile

Sample Sheet

In My Shoes
Tips for Teachers

Curriculum Links

Health

Personal Health and Development.
Relationships with Other People.

Maori Hauora

A philosophy of well being that includes the dimensions taha wairua (spiritual), taha hinengaro (emotional), taha tinana (physical), and taha whanau (social).

Social Sciences

Learning about identities of people, and the effects of these on the participation of groups and individuals.

Starter

Have a plastic spider in a jar. Hand it around the class. How does it make you feel?

Who likes to be massaged?

What do you feel when you have to give a class speech?



Class members make their own profile

1. What makes you anxious?
2. How does this make you feel?
3. How does this make you behave?
4. What do you do to make yourself feel better?