

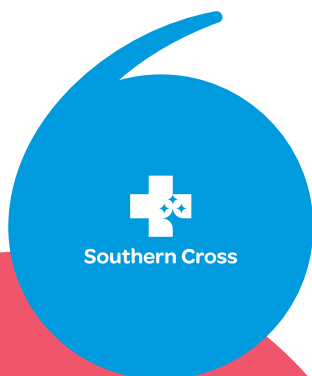
# Puka Ako Learning Journal

Pause  
Breathe  
Smile



Brought to schools  
by Southern Cross

Draw your picture here / Tuhia tō pikitia ki raro nei

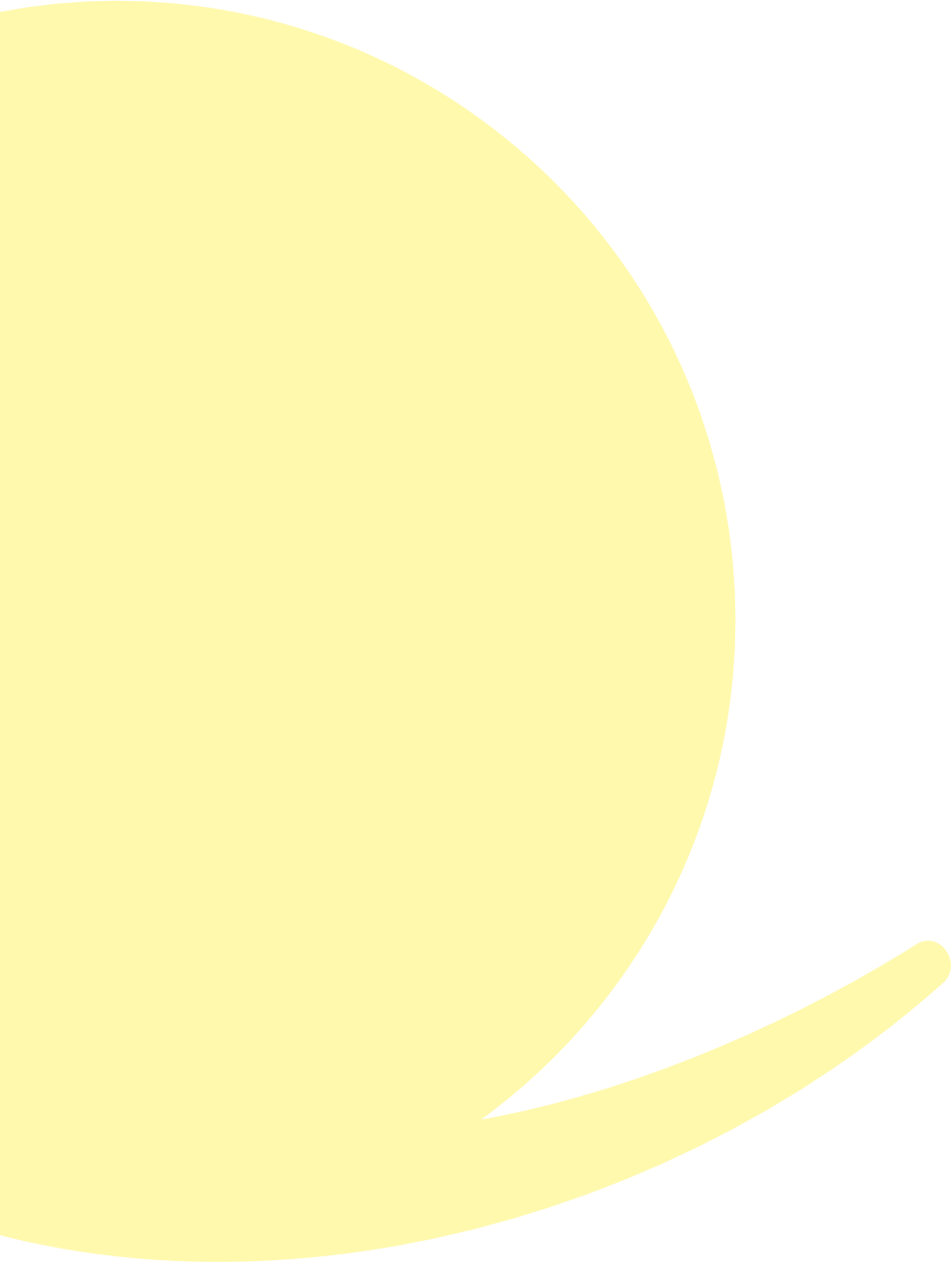


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**Southern Cross**

Committed to  
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# **Kia Mārama Mai Koe ki tō Kāinga**

## Understanding the house of your belonging

**In the space below draw te whare tapa whā.**

Label each of the walls of Hauora and write three or four key words to explain what that wall is about.

**The final task is to find your own way to show that being present and mindful is what makes each wall healthy and strong.**

Lesson one

# Te Hokinga ki te Kāinga

## Coming home

### How did you feel when you noticed your breathing?

- Relaxed/Mauritau    Focused/Aronui    Peaceful/Marino    Tense/Pōkaikaha    Worried/Āwangawanga  
 Kind/Ngākau māhaki    Happy/Harikoa    Content/Tau    Grateful/Pōkaikaha    Energised/Hīhiri  
 Bored/Hōhā    Restless/Ānau    Thoughtful/Māharahara    Comfortable/Hāneanea    Other

### He aha tāu e āhukahuka ana nōu e noho puku ana?

What do you notice when you practise being mindful?

### Tuhia mai ka pēhea te kai i a koe e whaiwāhi ana.

Describe what it is like to eat mindfully.

## Wāhi Whero (Tūmatauenga) / Wāhi Kākāriki (Rongomātāne)

### Red Zone / Green Zone

We can have many different kinds of feelings! Noticing and accepting our feelings is part of being more mindful. It's okay to feel what we are feeling.

When we are having a green zone feeling, we might feel calm, clear, and connected. Sometimes we go into our red zone when we feel upset or angry.

Mindfulness can help you calm down when you're in your red zone and it can help you feel happier when you're in your green zone.

Fill in the two circles below by naming different feelings. See how many you can come up with!



**Now draw a picture of what it feels like or looks like when you are up in your red zone.**



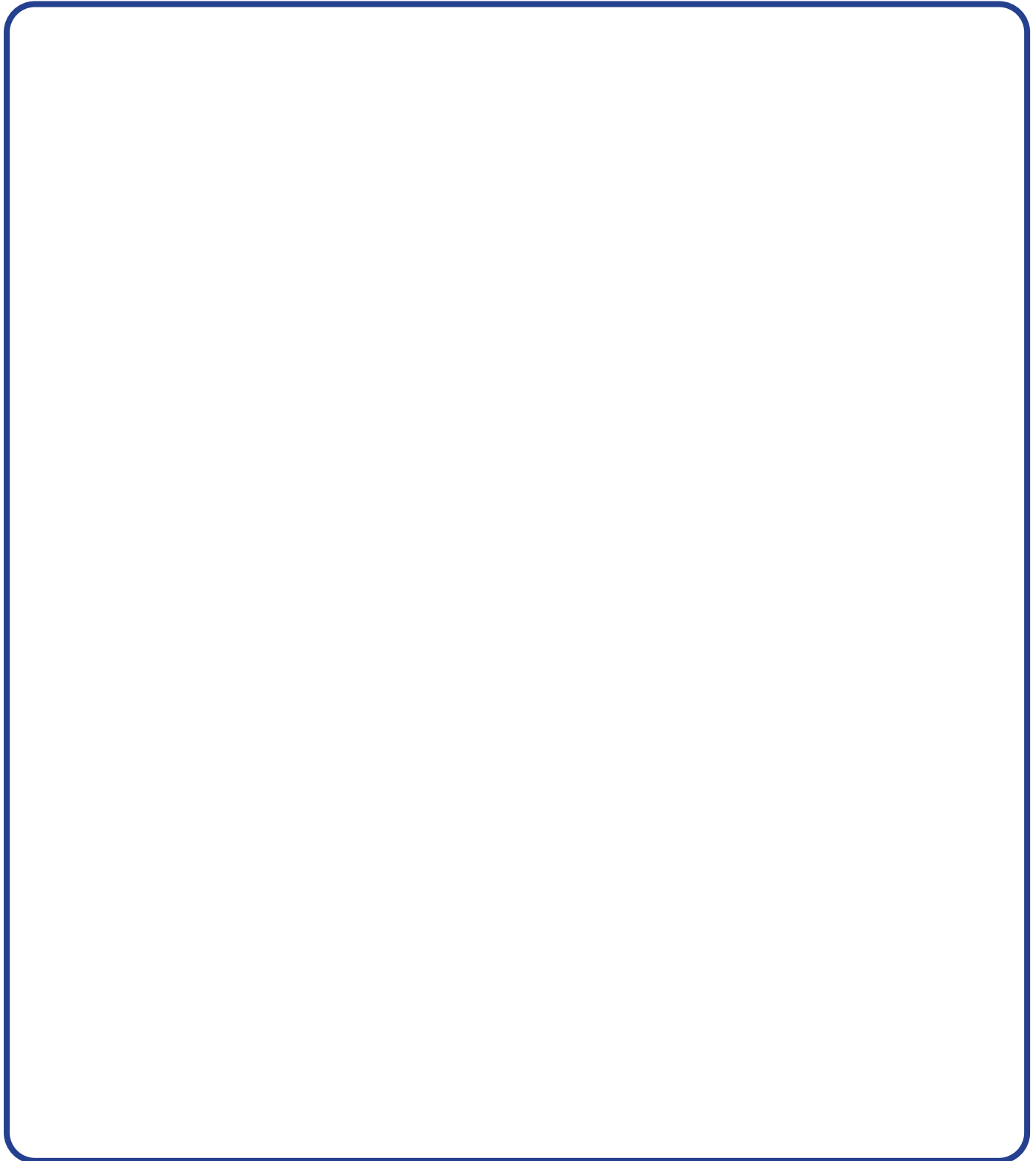
**In this box, draw a picture of what it feels like or looks like when you are in your green zone.**



## **Tāngia mai he pikitia i a koe anō e whakaputa hā whaiwāhi ana me he puku ngohengohe me te tuarā torotika.**

Draw a picture of yourself breathing mindfully, with a soft belly and a straight back.

You can use thought bubbles, colours, patterns, a collage, anything that works for you. Can you be mindful while you are drawing?



**Mahi kainga 1:** Paraihingia o niho i a koe e whaiwāhi ana. He aha ngā mea i toko ake i a koe? Tuhia tētahi kōrero poto mō tērā i te whārangi whai ake, kōrerorero ki te akomanga rānei.

**Home practice 1:** Try brushing your teeth with mindfulness. What did you notice? Write a little bit about it over the page or share in class.

**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**

This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**

This week I noticed...

**I tēnei wiki i ako ai ahau...**

This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**

This week I am practising...

Lesson two

# He Koanga Ngākau Inamata

## Happiness here and now

### Can you remember the two types of happiness?

Think about what makes you feel happy and the differences between treat happiness and peace-inside happiness. There is nothing wrong with treat happiness sometimes. Can you see the good things about peace-inside happiness?

### Treat happiness are things like...

Draw or write about what you learnt this week.



### Peace-inside happiness comes from doing things like...



**Mahi kainga 2:** Ina noho ana koe ki a koe ake, kia ngana mai koe kia tū kau, me rongō i ō waewae i te papa, ā, kia mataara anō ai koe i tō tinana e whakaputa hā ana. Me ngana anō ai koe ki te menemene.

**Home practice 2:** When you are by yourself try pausing, feeling your feet on the floor and becoming aware of your body breathing. See if you can smile as well.



**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**

This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**

This week I noticed...

**I tēnei wiki i ako ai ahau...**

This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**

This week I am practising...

Lesson three

# He Tuatahitanga

## Everything for the first time

### What did you discover when you let yourself experience something for the first time?

You might have discovered something new about the way your body moves.

Use creative writing and images to describe what you noticed in this lesson.



**Mahi kainga 3:** Matapakina me tō whānau mō ngā mea kua ākona e koe i ngā akoranga whaiwāhi. Whakaaturia me pēhea te kai whaiwāhi hei te wā ka kai tahi. Kōrero ki a rātou mō ngā mea kua kitea e rātou i taua mahi.

**Home practice 3:** Tell your family about what you have been learning at school in the mindfulness lessons. Show them how to do mindful eating together at dinner time, and talk about what everyone noticed.

**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**  
This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**  
This week I noticed...

**I tēnei wiki i ako ai ahau...**  
This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**  
This week I am practising...

Lesson four

# Ngā Aupiki, Ngā Auheke

## All things rising and falling

### **Ko te tūhura i ō tātou kare-ā-roto**

#### Exploring our emotions

After doing the “Feelings are the language of the body” practice together in class, draw the feelings that you noticed in your tinana.

You might have noticed that emotions and body sensations are connected to each other. Worry could be tightness in the belly, sweaty palms and an uncomfortable feeling, or happiness might be smiling and a calm feeling.

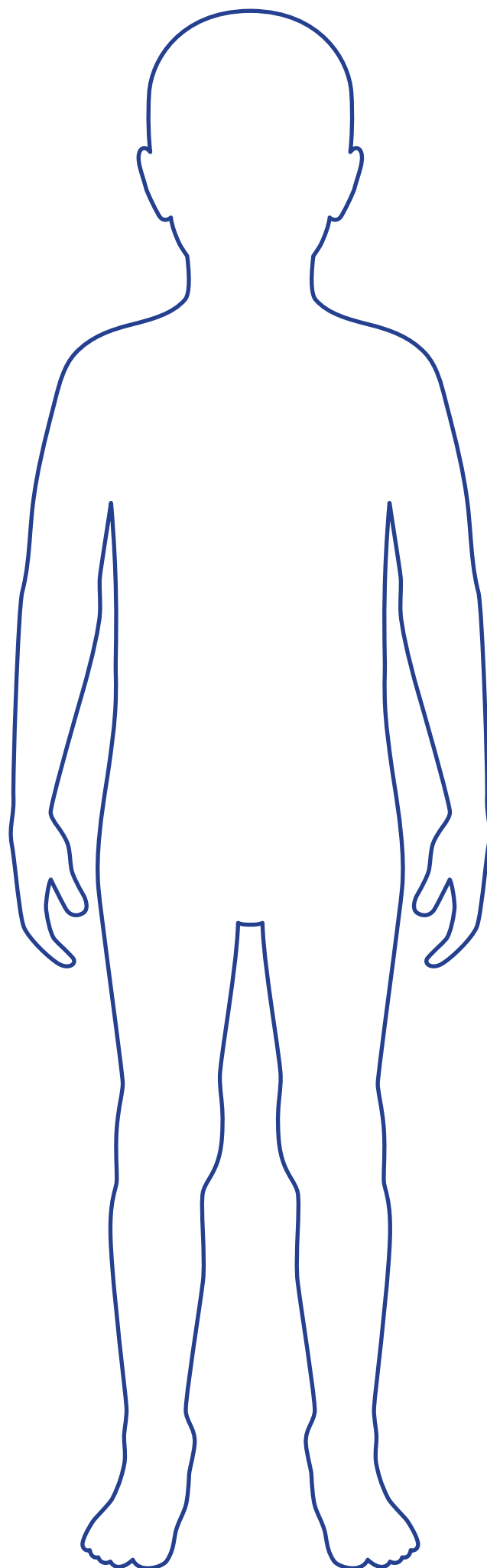
Perhaps you can notice how your tinana feels when you can't name the feeling or are unsure about it?

Here are some ideas about different emotions and feelings: Cheerful, dreamy, happy, angry, wondering, excited, sad, lonely, thoughtful, tired, shocked, hot, cold, bored, spacious, itchy, pulsing, jittery, nervous, tight, blank, confused...

Use different colours, shapes and patterns to show what you noticed.

He aha he aurongo atu anō me ngā kare-ā-roto e taea ana e koe te whakaaro ake?

What other emotions and feelings can you think of?



**When you feel  
upset, here's  
something that  
can help.**

Sometimes, when our thoughts and feelings get strong, we can feel like a little boat being rocked by a stormy sea.

When you feel **scared, upset, overwhelmed,** or other **big feelings,** remember:

**Pause  
and drop  
anchor  
into your  
body**

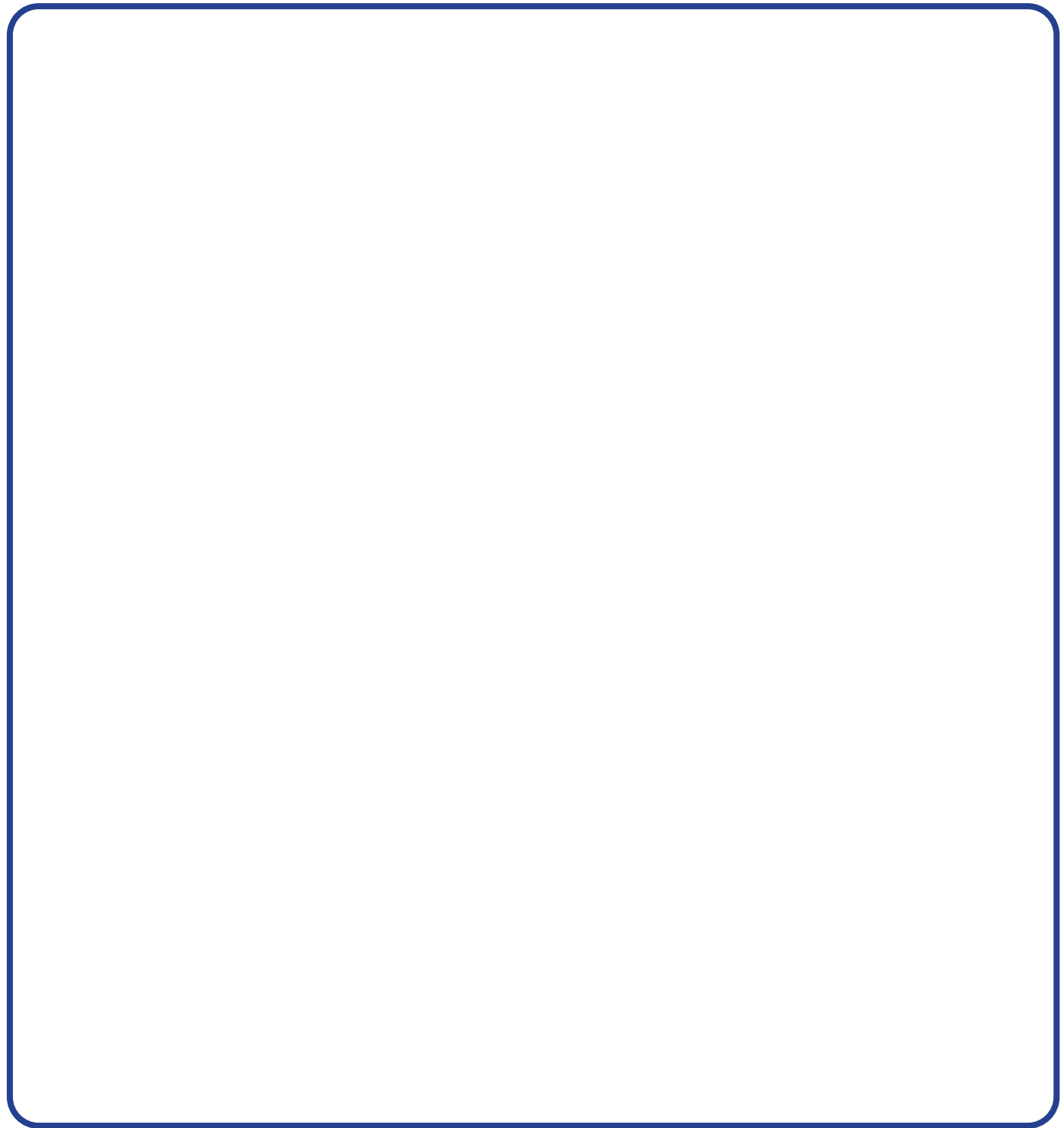
When you notice your breathing and drop anchor into your body, you can settle, just like a boat dropping anchor in a stormy sea.



## Tuhia tētahi porowhita hā

### Drawing a breathing circle

In the space below draw or paint a breathing circle based on the mindfulness lesson this week.



**Mahi kainga 4:** Kia aro atu ki o kare-ā-roto i ngā wāhanga o te rā..... pērā i te wā ka puta koe i te moenga, i te wā ka hoki mai koe i te kura, i mua tonu i te moe. Whakaharatautia o hā whaiwāhi i ēnei wā, ā, ka kite koe pēhea, ki hea hoki koe e rongō ana i aua kare ā roto. Kei te panoni ēnei kare ā roto, he pērā tonu rānei i a koe e whakaharatau ana i ēnei mahi whaiwāhi?

**Home practice 4:** Notice how you feel at different times of the day... like when you get out of bed, when you get home from school, and before you go to sleep. Practise mindful breathing at these times and notice how and where you are feeling the feeling. Does the feeling change or stay the same as you practise mindfulness?

**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**  
This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**  
This week I noticed...

**I tēnei wiki i ako ai ahau...**  
This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**  
This week I am practising...

Lesson five

# He Pūtau Io Eke Noa

## Neurons that fire together, wire together

**Imagine yourself as a great thought detective.**

Investigate the kinds of thoughts that go through your mind and record them in the thought bubble below. Share with a friend or the class something you have discovered about the thoughts and stories that go through your mind.



**Mahi kainga 5:** Hangaia tētahi ipu hinengaro, arā, ka whakamahi i te kainga i a koe e mahi ana i ngā mahi hā whaiwāhi.

**Home practice 5:** Make a mind jar and use it at home while practising mindful breathing.



**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**

This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**

This week I noticed...

**I tēnei wiki i ako ai ahau...**

This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**

This week I am practising...

Lesson six

# Kia Ngākau Māhaki, Kia Manawanui

## Kind heart, happy heart

**This week we learnt about strengthening the muscles of our hearts through kindness.**

We practised feeling kindness for ourselves, for our family and for other people. Write or draw an image below to show some of the kind acts you do with other people, animals and living creatures.



**Mahi kainga 6:** Ko tō whāinga, ki te hiahia koe, kia toru ngā wā kia tuku ngākau māhaki, hikohiko te karawhiu. Ko ngā ture me noho muna ēnei mahi ngākau māhaki.

**Home practice 6:** Your mission, should you choose to accept it, is to perform at least three random acts of kindness. The rules are that you must do these kind acts in secret.

**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**  
This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**  
This week I noticed...

**I tēnei wiki i ako ai ahau...**  
This week I learnt...

**I tēnei wiki kei te  
whakaharatau ai i te...**  
This week I am practising...

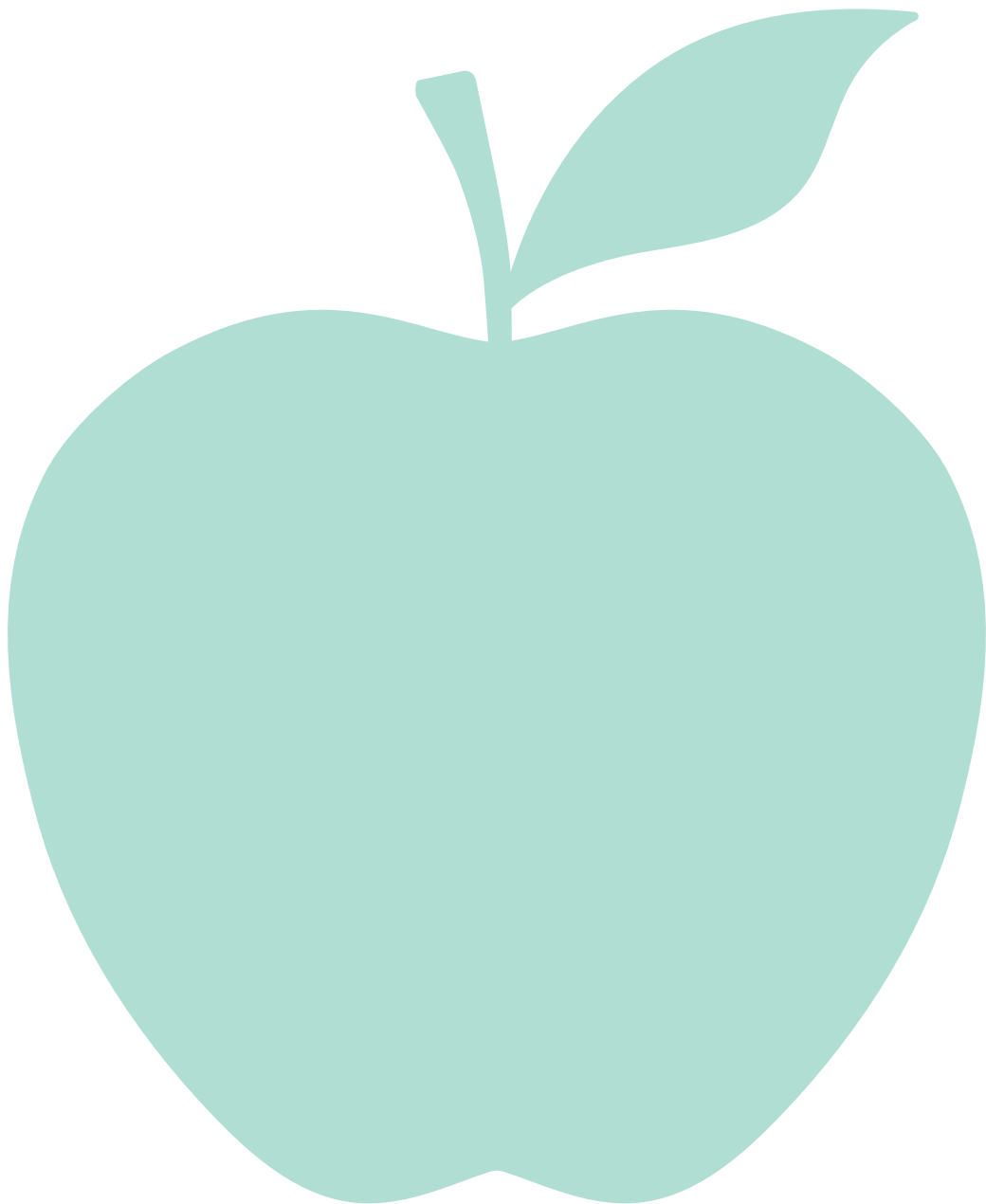
Lesson seven

# He Hononga ki te Ao

## Everything is connected to everything else

**Draw and label everything that has gone into making an apple.**

Talk about it in small groups. See how many different things your group can think of that are all part of an apple.



**Mahi kainga 7:** Whakaarohia ētahi atu mea e kite ai te honohono i waenganui i ngā mea katoa

**Home practice 7:** Explore a few other objects to see how everything is connected to everything else.

Preparing for lesson eight

# Whakapā Atu, Whakapā Mai

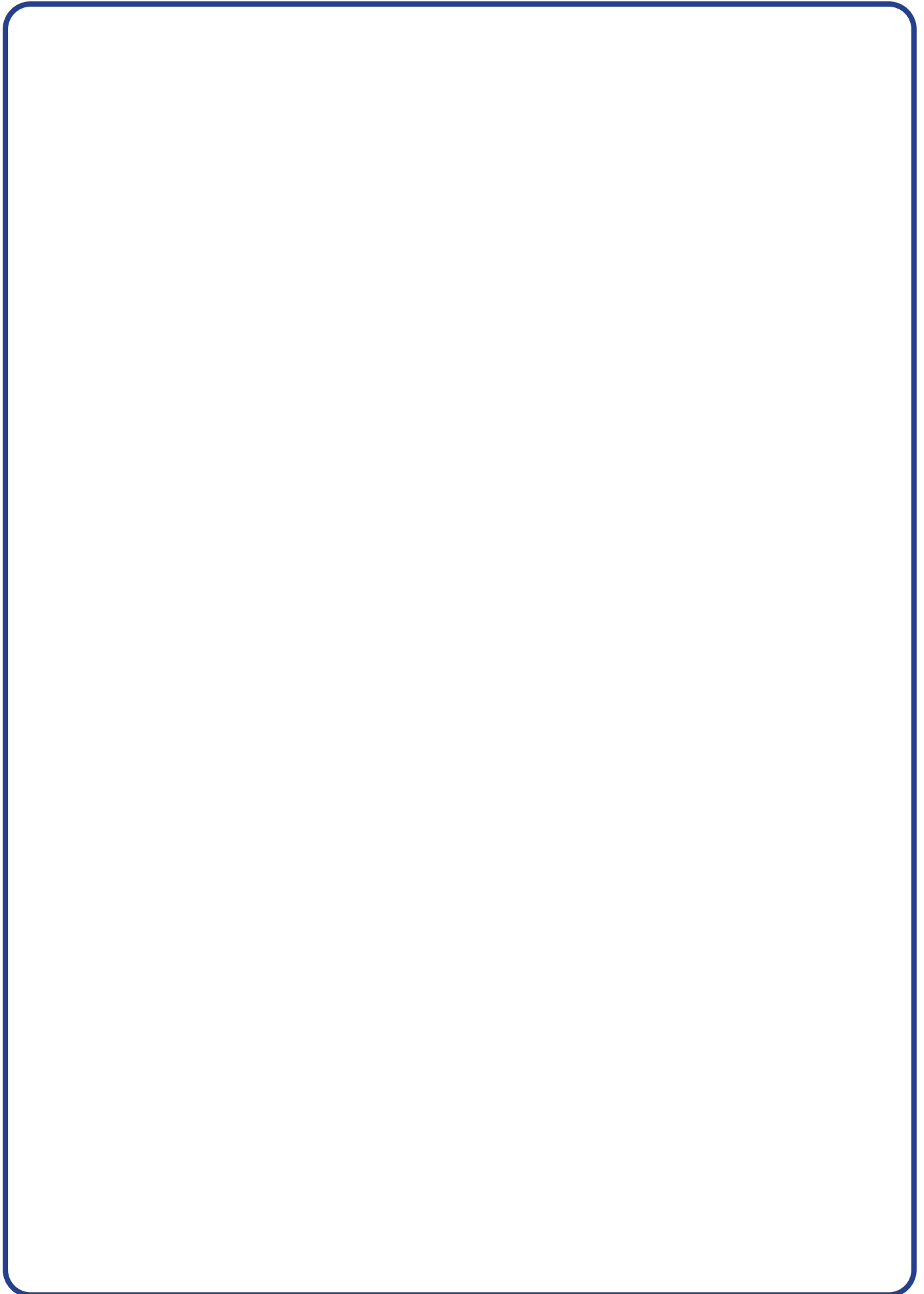
## Touching base, touching stillness

**Write a few sentences about what has been especially helpful or interesting for you during the Pause Breathe Smile lessons.**

Think about what you have noticed or become more curious about in your body, feelings and thoughts. Which mindfulness practices have you enjoyed, found helpful or tried outside of these lessons? Perhaps there is something that you are grateful for or some connections that you have noticed. Share your writing with your class in the 'Touching Base' circle together in the final lesson.



**What is the best thing you've learned from Pause Breathe Smile?**



**I tēnei wiki kei te tuku mihi  
whakamānawa ai ki...**  
This week I am grateful for...

**I tēnei wiki kua  
kitea ai e au i te...**  
This week I noticed...

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This week I learnt...

**I tēnei wiki kei te  
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