

How to show HEART @ Home



You can show HAUORA @ home by...

- Getting a good night's sleep by going to bed at the right time
- Eating meals when requested and at the right time
- Eating fruit and vegetables
- Drinking water regularly
- Wearing the right clothing
- Personal hygiene routines
- Sneeze safe / covering coughs
- Exercising regularly and playing outside
- Talking about anything that is worrying you
- Trying something new

You can show EXCELLENCE @ home by ...

- Playing or joining clubs, cultural activities and doing your best
- Completing homework tasks or PIA challenges
- Reading every night
- Doing your best in hobbies and sports
- Completing chores well and without complaint
- Showing initiative
- Being interested in something and doing research
- Getting yourself prepared for the next day
- Persevering when trying new things and having a "can do" attitude
- Make good decisions

You can show AROHA @ home by ...

- Being kind to siblings
- Looking after pets
- Valuing and sharing extended family times
- Joining in family celebrations
- Doing kind deeds for family, friends and neighbours
- Using kind words
- Offering to help
- Helping someone in need
- Do a job without being asked
- Give your whānau a cuddle



You can show RESPECT @home by ...

- Not answering back and responding respectfully
- Doing what you are asked to straight away
- Caring for toys and belongings
- Considering the rights of our neighbours
- Using manners
- Returning library books on time
- Greeting visitors nicely
- Taking turns

You can show TOGETHERNESS @ home by ...

- Helping others - siblings and adults
- Supporting family members at cultural or sporting activities
- Celebrating important family occasions
- Family traditions
- Playing family games together in a fair way
- Asking others how their day was and sharing your day
- Eating together as a family
- Joining in on family outings
- Being ready on time
- Being positive about each other
- Read together