

Manu of a feather

Kaiako card 13



Why this activity

Some tamariki find mindfulness hard when it's still, so this activity combines slow movement and tamariki honing in on their peers to work together cohesively. This is a slow-mo mindful kanikani!

You'll need

Access to music, speakers and your amazing tamariki.



What to do

Practice if needed in a circle.

Kōrero about how they might move together, with the same movement, matching movement... kind of like a flock of manu, as they fly. There's one leader, but it changes and they follow each other in unison - no manu is left behind because they watch each other so closely and align their movements with one another.

The way they do this is by careful observation, and together this can be achieved by doing the same movement, but in slow motion.

Ask them to copy your movements - wave your hand in slow motion, take a step forward in slow motion, but rather than the group looking to copy you (falling behind) they try to attempt to move at the same time and at the same speed, sometimes pre-empting what you might do (while keeping the slow-mo speed)!

See if they can do this without any kōrero between them! And when they're read add music - classical would be our recommendation, perhaps Baroque!

Whānau engagement

Take a quick video and show whānau what you're up to, add to this with tamariki sharing how this made them feel.