Photos Mikis van Geffen and Joseph Potangaroa unless acknowledged otherwise.
HE TIMATANGA: WHAKATAKA TE HAU

Whakataka te hau ki te uru  
*Cease the winds from the west*

Whakataka te hau ki te tonga  
*Cease the winds from the south*

Kia mākinakina ki uta  
*Let the breeze blow over the land*

Kia mātaratara ki tai  
*Let the red tipped dawn come*

E hī ake ana te ataakura  
*With a sharpened air*

He tio, he huka, he hauhunga  
*A touch of frost, a promise of a*

Tīhei Mauri Ora  
*glorious day*
PLAY

IT’S AS SIMPLE AS THAT. GO ON – GO OUTSIDE, KEEP ON GETTING TO KNOW THE ATUA BY PLAYING.

WHY PLAY?

The diagram has been placed here because it summarises the same benefits of play that our kau-matua and experts such as Dr. Rangimarie Turuki Rose Pere share with us.

PHYSICAL DEVELOPMENT
Strong, healthy bodies
Fine & large motor skills
Stress management
Coordination
Physical confidence
Agility

COGNITIVE DEVELOPMENT
Scientific & mathematical thinking
Research & inquiry skills
Independent thinking
Language skills
Literacy skills

EMOTIONAL DEVELOPMENT
Joy
Empathy
Resilience
Persistence
Self-regulation
Self-confidence
Impulse control

SOCIAL DEVELOPMENT
Cooperation
Negotiation
Collaboration
Socialization
Rules formation
Conflict resolution

PLAY DEVELOPS CHILDREN IN FOUR WAYS

play it’s as simple as that. go on - go outside, keep on getting to know the atua by playing.
The second sentence of the quote below could read “atua are our greatest teachers”

Children are our greatest legacy.
Nature is our greatest teacher.

Dr. Rangimarie Turuki Rose Pere c.B.E c.M

Think about it – would nature choreograph a ‘curriculum of intelligences’ into every child without providing the method of the dance? Play is the dance.

Penny Brownlee

Play outside it makes kids happier, healthier, smarter.

Unknown

Play turns out to be stunningly essential to childhood, it's like love, sunshine and broccoli all juiced together.

Lenore Skenazy

Teaching children about the natural world should be treated as one of the most important events in their lives.

Thomas Berry
Children who play are happier and perform better in class.
If you haven't seen anything incredible today – go outside.

*Play is our brain's favourite way of learning.*

_Diane Ackerman_

Exposure to nature can reduce stress levels in children by 28%.

*Play is the highest expression of human development, for it alone is the free expression of what is in a child's soul.*

_Frederich Froebel_

Children must be kept as safe as needed not as safe as possible. We can't eliminate risk and challenge essential for learning!

_Given a chance, a child will bring the confusion of the world to the woods, wash it in the creek, and turn it over to see what lives on the unseen side of that confusion...*_

_www.storiesandchildren.com_
In nature, a child finds freedom fantasy, and privacy; a place distant from the adult world, a separate peace.

Richard Louv – A lost child in the wood

Play serves the serious purpose of education, but the player is not deliberately educating himself or herself. The player is playing for fun; education is a by-product. If the player were playing for a serious purpose, it would no longer be play and much of the educative power would be lost.

Peter Gray – Free to learn

Life isn’t about waiting for the storm to pass... it’s about learning to dance in the rain.

mykidsadventures.com

You can discover more about a person in an hour of play than in a year of conversation.

Plato

Children cannot bounce off the walls if we take away the walls.

Eric Kenny
Play is the highest form of research.

Albert Einstein

Play is our brain’s favourite way of learning.

Dianne Ackerman

Education is not a preparation for life. Education is life itself.

John Dewey
When you teach a child something, you take away forever the chance for him to discover it himself.

*John Plaget*

Let the child be the scriptwriter, the director and the actor in his own play.

*Magda Gerber*

The body heals with play, the mind heals with laughter and the spirit heals with joy.