



Supporting Students and their Whanau During Level 3 and 2

Through the [Small Changes website](#), Life Education is providing families with learning activities and challenges while they are spending time at home. Originally created to help children and caregivers do something small everyday to improve their health and wellbeing - while having fun as a family, the site is an ideal resource for schools to share with their school communities during Level 3 and beyond. Life Education has made a series of Small Changes newsletters focusing on various ideas and activities for students and their whanau during Level 3 and 2.

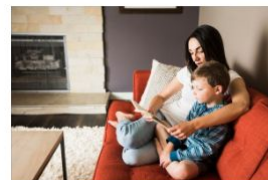
Schools and Teachers can choose to: share these links directly with their students' families; select specific editions to send out; and/or assign some of the tasks for their classes, as part of their distance learning programme.

Here are the links to the various newsletters:

Newsletter [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#)



Fun learning activities for families to do at home



While we're at home there is lots we can do to have fun and to keep us busy while learning!

We need to remember its more important than ever to connect with the people in our bubble and to keep in touch with those outside it, to keep moving, and to nourish and appreciate our bodies.