



Supporting Students and their Whanau During Level 3

Through the [Small Changes website](https://www.smallchanges.org.nz), 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.

Teachers could also utilise this site to assign some of the tasks for their classes as part of their distance learning programme.

Life Education has made a series of Small Changes newsletters focusing on various ideas and activities for students and their whanau. These can be found on the 'Supporting Families' page.

SMALL CHANGES WHĀNAU CHALLENGE

LIFE EDUCATION Learning with Harold
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Keeping children learning, happy and healthy while at home

Connecting with the people around us, moving, nourishing and appreciating our bodies are four of the key pillars in feeling happy and healthy. At www.smallchanges.org.nz we have lots of activity ideas to help you have fun as a family, keeping your kids busy, learning and happy.

Small Changes was created to encourage families to spend more time together doing things that are positive for wellbeing, making 'Small Changes' to their lifestyle. It can help you to find learning in everyday activities, to use everyday

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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.