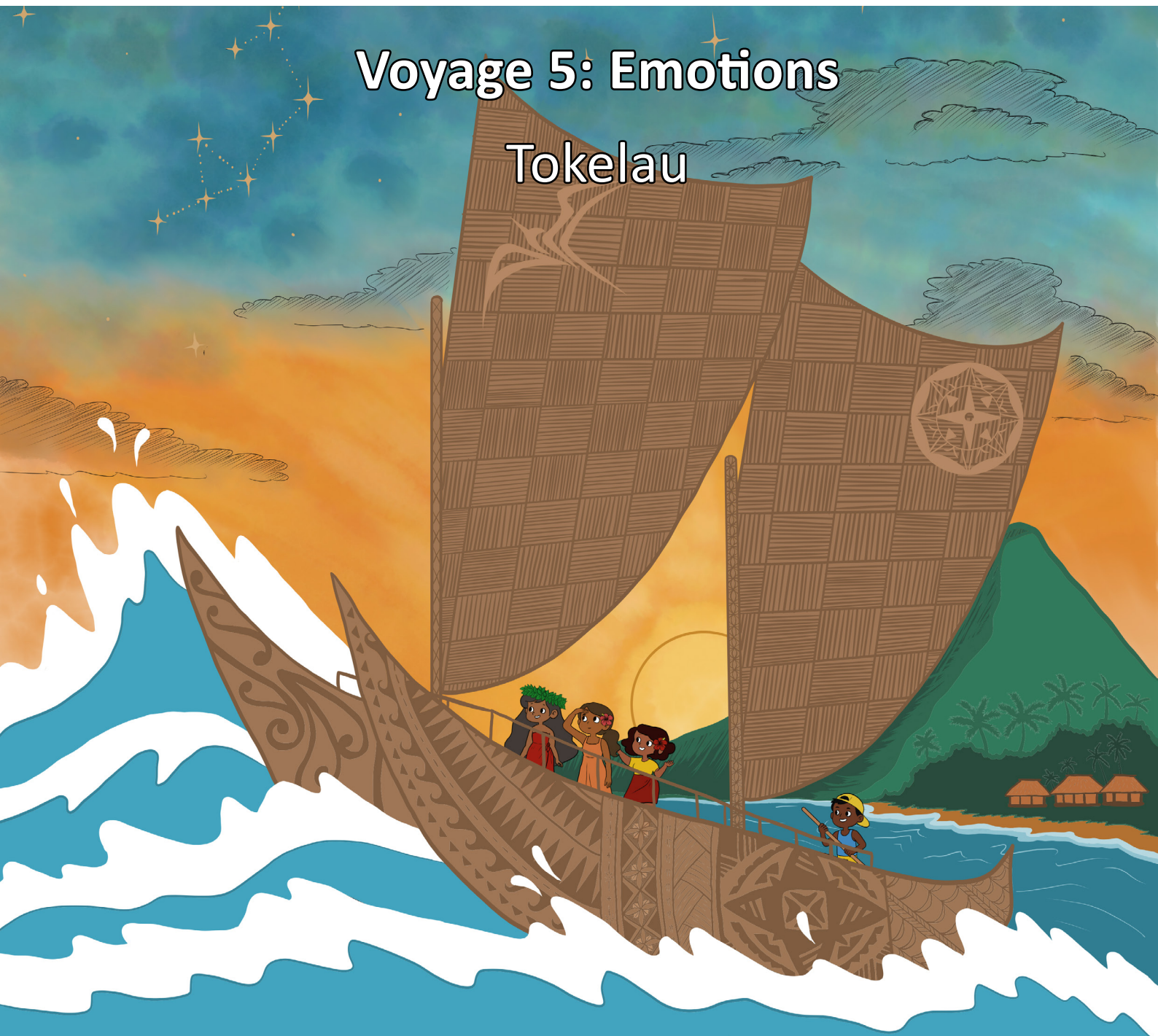


Nesian Narratives Toolkit

Voyage 5: Emotions Tokelau



A Pacific-Led Educational Resource for Kaiako Supporting Identity and Wellbeing of Tamariki Aged 4-5 in Early Childhood Education (ECE) Settings across Aotearoa New Zealand.

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Nesian Narratives Toolkit

Voyage 5: Emotions

Tokelau

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1. About this topic

Understanding and managing emotions is a crucial aspect of a tamaiti's development. As tamariki navigate the early stages of their social and emotional growth, it becomes essential to provide them with the tools and language to express their feelings effectively. This guide focuses on helping tamariki describe their emotions, recognise the emotions of others, and develop strategies to manage and regulate their feelings. By fostering emotional intelligence from a young age, we can support tamariki in building healthy relationships, boosting their self-esteem, and enhancing their overall well-being. This topic highlights the importance of emotional literacy and offers practical steps to guide tamariki on their journey towards emotional self-awareness and empathy.

2. Learning Outcomes

Over time and with guidance and encouragement, tamariki will become increasingly capable of:

1. Exploring and sharing stories and knowledge about Tokelau, including its people, culture, history, geography, and values, to appreciate its uniqueness.
2. Tamariki learn to talk about their feelings clearly and confidently, while also practising ways to calm themselves and feel better.
3. Recognising and responding to the emotions of others by showing kindness to friends and whānau and offering help when needed.

3. Curriculum Planning

1. Learning and Sharing fascinating Facts about Tokelau

- Principle:** Family and Community | Whanau Tangata
- Strand:** Belonging | Mana Whenua
- Goal:** Tamariki and whānau have a sense of belonging and feel part of the wider world, contributing to and exploring the diverse communities.
- Objective:** Encourage tamariki to share and celebrate stories and knowledge about Tokelau, fostering a deep understanding and appreciation of its people, culture, history, geography, and values.

Planned Learning Experience:

- a) Tala of Tui Tokelau – Storytelling and Creative Exploration
- b) Our Tokelau Village – Collaborative Mural Creation
- c) Navigators of the Sea – Sensory Play and Geography Exploration

2. Tamaiti will learn to use words to describe emotions

- Principle:** Kotahitanga | Holistic Development
- Strand:** Mana Reo | Communication
- Goal:** Tamariki develop verbal and non-verbal communication skills to express themselves effectively.
- Objective:** Tamaiti will learn to talk about their feelings clearly and confidently, while also practising ways to calm themselves and feel better.

Planned Learning Experience:

- a) Feelings Friends – Puppet Play and Emotion Naming
- b) Calm Corner Creations – Making Personal Calming Kit
- c) Feelings Through Movement and Music – Expressive Dance and Mindful Listening

3. Tamariki will feel valued and experience a sense of self-worth

- Principle:** Empowerment | Whakamana
- Strand:** Well-being | Mana Atua
- Goal:** Tamariki develop a strong sense of self-esteem and confidence, feeling valued and respected.
- Objective:** Create an environment where tamariki feel appreciated and their achievements are celebrated, boosting their self-worth.

Planned Learning Experience:

- a) Fiafia Time – Weekly Celebration Circle
- b) Achievement Tapa – Collaborative Art Display
- c) Ko Au! – My Tokelau Identity Book

4. Connections to Curriculum

The topic of emotions is deeply embedded within the principles of *Te Whāriki* and *Tapasā*, both of which highlight the importance of emotional wellbeing, strong relationships, and cultural identity in early childhood education. These frameworks recognise that children's emotional development is foundational to their learning and participation (Ministry of Education, 2017; Ministry of Education, 2018).

To support kaiako in this area, the Ministry of Education has developed **He Māpuna te Tamaiti**, a resource that offers practical strategies for fostering social and emotional competence in tamariki. It aligns closely with *Te Whāriki*'s aspirations for children to be confident and capable learners, and with *Tapasā*'s emphasis on culturally responsive teaching practices. Many kaiako are already using *He Māpuna te Tamaiti* to guide their interactions and planning, making it a valuable reference point for exploring emotions in early learning settings.

Explore [He Māpuna te Tamaiti](#).

1. Tamariki explore and share stories and knowledge about Tokelau

Te Whāriki: This outcome aligns with *Mana Tangata*, supporting tamariki to develop a strong sense of identity and belonging. Learning about Tokelau's culture, history, and values fosters confidence and appreciation for diversity, helping tamariki understand their place in a wider community.

Tapasā: Encourages educators to recognise and value Pacific identities. Sharing knowledge about Tokelau strengthens pride, cultural connection, and respectful relationships, supporting meaningful engagement with Pacific heritage.

2. Tamariki talk about their feelings clearly and confidently, and practise ways to calm themselves

Te Whāriki: Supports holistic development, including emotional and cognitive growth. Encouraging tamariki to express emotions builds communication skills and helps them develop strategies for emotional regulation.

Tapasā: Reinforces the importance of emotional awareness in building respectful and empathetic relationships. This outcome supports collaborative learning and positive social interactions.

3. Tamariki recognise and respond to the emotions of others with kindness and empathy

Te Whāriki: Emphasises empathy, care, and respect for others. Recognising and responding to emotions strengthens social connections and fosters a supportive, inclusive learning environment.

Tapasā: Highlights the importance of teaching strategies that resonate with Pacific learners. Encouraging tamariki to show kindness and offer help supports wellbeing and nurtures strong relationships.

5. Assessment and Evaluation

Assessing and evaluating the emotions of tamariki (5 years old) is essential for supporting their emotional development and well-being. Here are some strategies and tools for teachers to assess and evaluate the emotions of tamariki, aligned with *Te Whāriki*:

- Observations
- Learning stories
- Group discussions
- Portfolio/Diary entries
- Child-friendly self-assessment
- Quizzes (e.g., on iPad)
- Group projects and presentations
- Parent and whānau feedback

6. Essential Facts for Kaiako

Kaiako play a vital role in supporting tamariki as they explore their emotions. Providing a nurturing environment helps tamariki develop the confidence to express their feelings, recognise emotions in others, and form meaningful connections. It is essential to approach emotional learning in a way that is responsive to tamariki's level of understanding and interest, while incorporating cultural perspectives, ethical values, and an understanding of relationships. This guide highlights the importance of emotional literacy, offering practical strategies to foster self-awareness, empathy, and positive social interactions. More details about Tokelau can be found in the accompanying resource.

1. Exploring and sharing stories and knowledge about Tokelau

- **Cultural Storytelling Matters** - Sharing traditional Tokelauan legends helps tamariki appreciate identity, values, and belonging, reinforcing emotional security and cultural pride.
- **Place and People Shape Understanding** - Learning about Tokelau's geography, environment, and community life helps tamariki connect cultural knowledge with emotional and relational experiences.
- **Values and Relationships Matter** - Exploring Tokelauan customs and values supports tamariki in developing empathy, kindness, and a sense of social responsibility.

2. Talking about feelings clearly and confidently, and practising ways to calm themselves

- **Emotional Language Supports Expression** - Encouraging tamariki to name and describe their emotions helps build emotional literacy and self-awareness.
- **Big Emotions Are Normal** - Teaching that all emotions are valid—joy, sadness, anger, excitement—empowers tamariki to express and manage their feelings positively.
- **Calming Strategies Build Resilience** - Introducing simple techniques like deep breathing, quiet time, or storytelling helps tamariki regulate emotions and feel safe.

3. Recognising and responding to the emotions of others with kindness and empathy

- **Social Play Teaches Empathy** - Group activities and collaborative games help tamariki notice others' feelings and respond with care and kindness.
- **Kaiako as Role Models** - Demonstrating respectful, patient, and emotionally aware behaviour helps tamariki understand how their actions affect others.
- **Whānau and Community Connections Strengthen Relationships** - Learning about how emotions are expressed and supported within families and communities builds emotional intelligence and inclusivity.

7. Information to share with Parents and Caregivers

Supporting Your Child in Understanding and Expressing Emotions

Supporting tamariki in recognising and expressing their emotions is essential for their emotional wellbeing and development. By creating a safe and nurturing environment, parents can help their child build confidence in

identifying their feelings, communicating them effectively, and responding to emotions in healthy ways. Here are some practical strategies to encourage emotional growth:

- 1. Check in with their feelings** – Ask your child how they feel throughout the day using simple prompts like, “What colour is your mood today?” or “Can you show me how you feel with your face?” This helps them recognise and name their emotions.
- 2. Read and talk about emotions in stories** – Choose books that explore different feelings and discuss how characters handle them. Ask questions like, “How do you think they felt?” or “What could they do to feel better?” to encourage emotional awareness.
- 3. Model healthy emotional expression** – Show your child how to express their emotions in positive ways by talking about your own feelings. For example, “I feel frustrated, so I’m going to take a deep breath.” This helps them understand that emotions are normal and manageable.
- 4. Teach calming strategies** – Support your child in learning simple techniques like deep breathing, counting to ten, or taking a quiet moment when feeling overwhelmed. Practising these strategies together helps build emotional resilience.
- 5. Use play to explore emotions** – Engage in activities like role-playing, acting out different feelings, or playing “Guess the Emotion.” Making emotional learning fun encourages your child to express and understand their emotions more effectively.
- 6. Celebrate Your Child’s Work:** Boost your tamaiti’s self-esteem by acknowledging their efforts and accomplishments. Create an “[Name] Work Board” where they can display their artwork, crafts, and achievements. Encourage them to share their accomplishments with the family. Celebrate your tamaiti’s contributions with positive praise.
- 7. Quality One-on-One Time:** Show tamariki they are important and valued by spending dedicated time with them. Set aside regular one-on-one time with each tamaiti to do activities they enjoy. Engage in meaningful conversations, listen actively, and show genuine interest in their thoughts and feelings. Use this time to reinforce positive affirmations and encourage their unique talents.
- 8. Positive Affirmations Ritual:** Build tamariki’s self-worth through daily positive affirmations. Start or end the day with a few minutes of positive affirmations. Encourage tamariki to repeat affirmations like “I am capable,” “I am loved,” and “I am important.” Reinforce these affirmations regularly, especially during moments of doubt or challenge.

8. Professional Development

ECE kaiako can strengthen their professional development in teaching *My Emotions* and Tokelauan cultural learning by engaging in targeted learning opportunities, cultural exploration, and reflective practice. Here are some key strategies:

- **Use He Māpuna te Tamaiti to Support Emotional Competence**
Developed by the Ministry of Education, *He Māpuna te Tamaiti* offers practical strategies for fostering social and emotional competence in tamariki. It aligns with *Te Whāriki*'s vision for confident and capable learners and supports *Tapasā*'s focus on culturally responsive teaching. Many kaiako already use this resource to guide planning and interactions. Explore [He Māpuna te Tamaiti](#)
- **Engage in Emotional Literacy Training**
Programmes like [Kōwhiri Whakapae](#) provide guidance on emotional awareness, regulation, and connectedness, helping kaiako support tamariki in expressing and managing emotions.
- **Use *Te Whāriki*'s Emotional Development Framework**
[Te Whāriki](#) emphasises emotional wellbeing, relationships, and self-regulation, offering practical strategies for integrating emotional learning into daily activities.
- **Participate in Reflective Practice**
Kaiako can strengthen their teaching by discussing emotional development strategies with colleagues, sharing insights, and refining approaches based on tamariki's needs.
- **Explore Tokelauan Cultural Resources**
Learning about Tokelau's traditions, language, and values through community-led workshops or online resources enhances cultural competency and supports identity development.
- **Connect with Pacific Education Networks**
Organisations supporting Pacific education provide professional learning opportunities, helping kaiako integrate Tokelauan perspectives into their teaching.
- **Use Storytelling and Cultural Narratives**
Incorporating Tokelauan legends and history into learning experiences fosters tamariki's understanding of identity, belonging, and emotional connection.

9. Health, Safety and Quality Practice

When teaching tamariki about Tokelauan culture, emotions, and relationships, it is essential to create a safe, inclusive, and nurturing environment. Aotearoa New Zealand's health and safety guidelines help protect tamariki's physical, emotional, and social wellbeing, while aligning with ECE licensing requirements. The following considerations support each of the three learning outcomes:

1. Exploring and Sharing Stories About Tokelau

Cultural Sensitivity and Safety - Ensure that stories, materials, and discussions are respectful of Tokelauan traditions and values. This fosters emotional safety and cultural pride while meeting inclusivity standards.

Supervised Cultural Activities - Maintain appropriate supervision during storytelling and cultural exploration to prevent hazards and support tamariki's wellbeing.

Regulatory Alignment - Regulation 46 of the *Education (Early Childhood Services) Regulations 2008* requires services to promote health and safety, including culturally safe learning environments.

2. Talking About Their Feelings and Practising Ways to Calm Themselves

Safe Emotional Expression - Create emotionally supportive spaces where tamariki feel heard, respected, and safe to express their feelings.

Guided Emotional Regulation - Use structured activities (e.g., breathing exercises, quiet zones) to help tamariki manage emotions in a secure and predictable environment.

Regulatory Alignment - Services must take reasonable steps to prevent emotional distress and promote wellbeing, in line with ECE licensing requirements.

3. Recognising and Responding to the Emotions of Others

Respectful and Inclusive Social Interactions - Teach tamariki to respond to others with kindness and empathy, reinforcing emotional safety and positive relationships.

Supervised Group Engagement - Ensure tamariki are guided during social play to prevent conflict and support emotional regulation.

Regulatory Alignment - Regulation HS12 requires hazard and risk management, including emotional safety during group learning experiences.

10. Island Nation Spotlight: Key Facts About Tokelau

1. Host / Guide*

*Kaiako may wish to use the following character as a host or guide to lead tamariki through the voyage learning experiences, helping make the journey engaging, relatable, and culturally meaningful.

In Tokelauan mythology, the supreme deity and a significant figure is **Tui Tokelau**. Tui Tokelau, also known as Tui Tokelau Sili, is considered the highest god who resides in the sky. He is a powerful and revered figure in Tokelauan culture, often associated with nature and the people's food supply. Tui Tokelau's presence is believed to be accompanied by thunder and lightning, and he plays a crucial role in the annual ceremonies and rituals of the Tokelauan people.

2. Animal / Puppet

In Tokelauan culture, the **turtle** (known as "fonu" in Tokelauan) is a significant and revered animal. Turtles are often associated with wisdom, longevity, and navigation. They play a crucial role in the myths and legends of Tokelau and are considered symbols of protection and guidance.

Therefore, a turtle puppet would be an excellent representative for Tokelau. It can help tamariki learn about the cultural significance of turtles in Tokelauan mythology and their importance in the local ecosystem.

3. Landmarks

- **Teone Church:** Also known as the Catholic Church of Teone, this church is situated in Vaiaku on the south coast of Fongafale, Funafuti's main islet. It features traditional Pacific Island architecture with a distinctive thatched roof and wooden beams.
- **Tokelau National Library:** This cultural institution preserves Tokelau's heritage and houses an extensive collection of historical documents. The library is an important part of the community, offering resources for education and research.
- **Government Building in Fakaofu:** This building serves as a crucial administrative centre for Tokelau. It is a hub for local governance and decision-making, blending practicality with local architectural styles.
- **Tui Tokelau Monument:** In Fakaofu village, there was a 5.5-metre tall coral slab that personified the primary deity of Tokelauans, Tui Tokelau. A smaller replica of this monument stands in the meeting house of Fakaofu today.

4. Famous People

- **Pio Terei:** A well-known New Zealand comedian, actor, and television presenter of Tokelauan descent. He has appeared in numerous TV shows and films.
- **Tofilau Eti Alesana:** The first Prime Minister of Samoa, who was of Tokelauan descent. He played a major role in the political development of Samoa.
- **Penehuro Lefale:** An influential climate change expert and advocate from Tokelau. He has been involved in numerous international climate change negotiations.
- **Jean Puketapu:** A renowned New Zealand artist and sculptor of Tokelauan descent. Her work has been exhibited in various art galleries and museums.
- **Selina Tusitala Marsh:** A noted poet, academic, and New Zealand Poet Laureate, through her mother Sailigi Tusitala, Marsh is of Tuvaluan and Samoan ancestry, and through her father, James Crosbie, she is of English, Scottish and French descent. She has received numerous accolades for her poetry and contributions to literature.

5. Common phrases

Hello *Talofa*

Goodbye *Tofa*

Thank you *Fakafetai*

How are you? *E a koe?*

Please? *Fakamolemole?*

6. Cultural artefacts

- **Tuluma:** A traditional wooden fishing tackle box used by Tokelauan fishermen. It is often intricately carved and symbolises the importance of fishing in Tokelauan culture.
- **Tivaevae:** Traditional quilts made by Tokelauan women. These quilts are often used in ceremonies and as gifts, representing community and craftsmanship.
- **Tatau (Tattoos):** Traditional Tokelauan tattoos hold deep cultural and spiritual significance. They symbolise identity, status, and spirituality, with common motifs including ocean waves, sun motifs, and turtle shells.
- **Kie Tau (Fine Mats):** These finely woven mats are used in various ceremonies and are considered valuable cultural items. They are often exchanged as gifts during important events.
- **Paupaus (Canoes):** Traditional canoes are essential for transportation and fishing. They are skillfully crafted and represent the islanders' connection to the sea.

7. Cultural practices

- **Fatele:** Fatele is a traditional Tokelauan dance that involves singing and rhythmic movements. It is performed during special occasions, celebrations, and community gatherings. The dance is often accompanied by traditional songs and drums, and it showcases the community's unity and cultural pride.
- **Tivaevae Making:** Tivaevae are traditional quilts made by Tokelauan women. This art form involves intricate stitching and patterns, often passed down through generations. Tivaevae are used in various ceremonies and as gifts, symbolising community, craftsmanship, and connection.

- **Tuluma Crafting:** The tuluma is a traditional wooden fishing tackle box used by Tokelauan fishermen. Crafting tuluma involves skilled woodworking and carving, reflecting the importance of fishing in Tokelauan culture and the islanders' connection to the sea.
- **Tattooing (Tatau):** Traditional Tokelauan tattoos hold deep cultural and spiritual significance. They are symbols of identity, status, and spirituality. The process and

designs of tatau are highly respected and often involve intricate patterns representing nature and mythology.

- **Weaving:** Weaving is a common practice in Tokelau, where pandanus leaves and other natural materials are used to create mats, baskets, and other items. Weaving is often done collectively, fostering a sense of community and shared heritage.

8. Easy songs to learn

[Pasifika Beatz Tokelauan Songs](#) is a vibrant and educational playlist created by Loopy Tunes Preschool Music in collaboration with Whānau Āwhina Plunket, celebrating the beauty of the Pacific language through music. As part of the wider Pasifika Beatz project marking its 10th anniversary, this collection features 10 xxx songs designed especially for young children. Each song pairs well-known melodies with Tokelauan lyrics to support language learning, strengthen cultural identity, and encourage joyful singing and movement. The project was proudly supported by the Ministry of Pacific Peoples.

Here are the 10 songs included in the playlist:

1. Tokelauan Welcome Song
2. Ulu, Takuau / Head, Shoulders (Tokelauan)

3. Old MacDonald Had a Farm (Tokelauan Animals)
4. Lio (Tokelauan Shapes)
5. Lanu Paepae Is White (Tokelauan Colours)
6. Lima Little Ducks (Tokelauan Numbers)
7. Tokelauan Alphabet
8. Aue Kapaku (Traditional Tokelauan Song)
9. Kei Na Fiafia (Tokelauan Action Song)
10. Ko To Tatou Po (Tokelauan Lullaby)

Access Song Resources:

Action videos for each song are available on [Whānau Āwhina Plunket's YouTube channel](#).

Lyrics for the Tongan songs can be found on the [Loopy Tunes Preschool Music website](#).

9. Cultural attire

- **Lavalava:** This is a traditional wraparound skirt worn by both men and women. It is made from a single piece of fabric, often brightly coloured or patterned, and tied at the waist. Lavalava is versatile and comfortable, suitable for the tropical climate of Tokelau.
- **Titi:** A traditional grass skirt made from pandanus leaves or other natural fibres. It is often worn during cultural performances, dances, and ceremonies. The titi is a symbol of cultural pride and heritage.
- **Kiekie:** A decorative belt or sash worn around the waist, often made from woven pandanus leaves, coconut fibres, or other natural materials. It adds an element of elegance to the traditional attire.

10. Cultural food

- **Ugauga:** Also known as coconut crab, this delicacy is highly prized for its sweet and tender meat.
- **Taro:** A staple root vegetable, taro is often boiled, mashed, or baked. It has a starchy texture and is similar to sweet potato.
- **Sweet Potatoes:** Another staple, sweet potatoes are commonly baked, roasted, or mashed and have a creamy texture with a sweet and spicy taste.
- **Ota:** A traditional dish made from raw fish marinated in citrus juice and coconut milk. It is similar to ceviche and is a popular dish in many Pacific Island cultures.
- **Breadfruit:** This versatile fruit can be baked, stuffed, mashed, or used in desserts. It has a starchy texture and is often used as a substitute for potatoes.
- **Pua'a:** Steamed buns with various fillings, often including minced meat like pork. These buns are similar to Chinese baozi and are a favourite in Tokelau.
- **Lolo Fala:** A pudding made from pandanus fruit pulp and coconut cream, sometimes thickened with starch. It is a sweet and creamy dessert.

11. Flag / Flag description

The flag of Tokelau features a blue field with a yellow Tokelauan canoe sailing towards the Southern Cross, represented by four white stars.

- **Tokelauan Canoe:** The yellow canoe symbolises Tokelau's journey towards finding the best governance structure for its people. It represents the islanders' connection to the sea and their navigational heritage.
- **Southern Cross:** The four white stars of the Southern Cross serve as a navigational aid, symbolising guidance and direction. The Southern Cross has historically helped Tokelauan fishermen navigate the waters around Tokelau.
- **Blue:** Represents the ocean, which is vital for Tokelauans' livelihood, and the sky that holds the stars guiding them.
- **Yellow:** Signifies a happy, peaceful community.
- **White:** Symbolises cooperation, unity among the atolls, and the importance of Christianity in Tokelauan life.

12. Sports

- **Fagatua (Traditional Wrestling):** Fagatua is a traditional form of wrestling that holds cultural significance. It is often practiced during festivals and community events, teaching important values and skills.
- **Kilikiti:** A traditional form of cricket, kilikiti is played with a wooden bat and a rubber ball. It is a popular sport during community celebrations and gatherings.
- **Lawn Bowls:** Lawn bowls is a sport that Tokelau has excelled in at regional competitions, such as the Pacific Games. It is a cherished activity that brings the community together.

13. Myths / legends specific to this island nation

- **Tui Tokelau:** Tui Tokelau is the supreme deity in Tokelauan mythology. He is believed to reside in the sky and is associated with thunder and lightning. Tui Tokelau controls nature and the people's food supply. He is appeased with annual offerings to ensure plentiful fish and coconuts.
- **The Legend of the Turtle and the Shark:** This legend tells the story of a woman and her child who transformed into a turtle and a shark to escape danger. The turtle and the shark are believed to protect the people of Tokelau, and their appearance is considered a good omen.
- **The Creation of Tokelau:** According to Tokelauan mythology, the islands were created by the god Tui Tokelau. He is said to have descended from the sky and used his powers to form the atolls of Fakaofu, Nukunonu, and Atafu.
- **The Story of Hina and the Eel:** Hina, a beautiful maiden, fell in love with an eel. When the eel was killed, Hina buried its head, and from it grew the first coconut tree. This legend explains the origin of the coconut tree, which is vital to Tokelauan life.

14. Proverb

- **“Ko te mea tuatahi ko te atua, ko te tuarua ko te fanau.”:** The first thing is God, the second is the family. This proverb emphasises the importance of spirituality and family in Tokelauan culture, highlighting that both are central to a fulfilling life.
- **“E leai se mea e maua ma le nofo vale.”:** Nothing is gained by sitting idle. This proverb encourages hard work and diligence, reminding people that effort and action are necessary to achieve success.
- **“Ko te alofa he mafuaaga, ko te fakatokaga he pātoa.”:** Love is a reason, patience is a rope. This proverb underscores the value of love and patience, suggesting that love provides motivation and patience helps to hold things together.

15. Other Facts

- **Te Atafu o te Lumanaki:** A festival celebrating Tokelauan culture, heritage, and community. It includes traditional dances, music, food, and crafts.

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11. Additional Resources

Here are some helpful resources to support teaching about emotions and Tokelauan culture. *Please note that while many of these resources are free, some may require payment.*

NZ Government Resources

He Māpuna te Tamaiti is a New Zealand Ministry of Education resource designed to support early childhood teachers in promoting social and emotional competence in young children. It aligns with *Te Whāriki*, the early childhood curriculum, and provides practical strategies for fostering positive relationships, emotional regulation, and inclusive practices in early learning environments. <https://tewhariki.tahurangi.education.govt.nz/he-m-puna-te-tamaiti/5637164247.p>

Te Whāriki: Early Childhood Curriculum – New Zealand’s ECE curriculum, offering guidance on nurturing emotional development in tamariki. <https://tewhariki.tahurangi.education.govt.nz/te-whariki/5637164130>

Te Whāriki Learning Resources - Provides guidance for ECE educators on fostering emotional wellbeing, relationships, and identity development. <https://tewhariki.tahurangi.education.govt.nz/te-whariki/learning-resources/about-learning-resources/5637145228.c>

For example, **Whatumanawa – Responding to Strong Emotions** – Helps kaiako support gifted tamariki in managing strong emotions, with a focus on empathy, flexible thinking, and cultural sensitivity. <https://tewhariki.tahurangi.education.govt.nz/whatumanawa---responding-to-strong-emotions/5637206077.p>

The Language of Emotions – Supports tamariki in identifying and expressing emotions, fostering empathy and positive social interactions. <https://tewhariki.tahurangi.education.govt.nz/the-language-of-emotions/5637164130.p>

All-of-Government Pacific Wellbeing Strategy - Supports Pacific learners by integrating cultural values, emotional wellbeing, and identity into education. www.mpp.govt.nz/programmes/all-of-government-pacific-wellbeing-strategy/

Action Plan for Pacific Education 2020–2030 – Maps the Government’s commitment to transforming outcomes for Pacific learners and families, integrating cultural values, emotional wellbeing, and identity into education. www.education.govt.nz/our-work/overall-strategies-and-policies/action-plan-for-pacific-education

Yavu eLearning Module - A Pacific engagement tool that helps educators understand cultural connections and emotional development in Pacific communities. <https://www.mpp.govt.nz/training/yavu-module/>

Local Organisations

Libraries and Storytelling Programmes – Public libraries often host events focused on emotional literacy and Pacific storytelling, including Tokelauan legends.

Community-Led Workshops – Local ECE networks provide free workshops on emotional development and cultural learning, supporting tamariki in understanding emotions and relationships.

Pasifika Education Centre – Offers free Pacific language courses and digital learning modules, helping tamariki explore Tokelauan culture and identity.

Tokelauan Community Groups – Organisations supporting Tokelauan heritage provide storytelling sessions, cultural workshops, and language resources.

Other

Pacific Values Framework – Offers guidance on integrating Pacific values such as respect, kindness, and relationships into learning experiences.

<https://ncea.education.govt.nz/pacific-values-framework>

Poipoia ngā tamariki: How Whānau and Teachers Support Tamariki Māori to be Successful in Learning and Education

– Authored by Nicola Bright and Professor Melinda Webber, this research report was published by the New Zealand Council for Educational Research (NZCER). It is part of the COMPASS series and draws on data from the national research project *Kia tū rangatira ai: Living, thriving and succeeding in education*.

The report explores how whānau and teachers can support tamariki Māori in their educational journey, with a strong focus on emotional development, identity, and cultural wellbeing.

<https://www.nzcer.org.nz/research/publications/poipoia-nga-tamariki>

The Education Hub – Provides guidance on supporting children's emotional development, including strategies for teaching emotion knowledge and regulation.

[Supporting Children's Emotional Learning in Early Childhood](#)

Skylight Trust – Offers resources to help children identify and express their emotions, fostering emotional resilience.

[Skylight Trust: Feelings and Emotions](#)

Healthy Parenting Habits – Shares practical strategies for teaching emotional intelligence to 5-year-olds, emphasising empathy and emotional regulation.

<https://healthyparentinghabits.com/teaching-5-year-olds-about-emotions-a-step-by-step-guide/>

Trying Together – Provides tools and activities for supporting children's social-emotional development, with a focus on family engagement.

[Social-Emotional Development: Family Resources - Trying Together](#)

The Education Hub Social Emotional Competence Course

– An online course designed to help early childhood teachers and parents support

[Social Emotional Competence Course](#)

VOYAGE 5.1

Planned Learning

Experience: Learning and Sharing fascinating Facts about Tokelau

a) Tala of Tui Tokelau – Storytelling and Creative Exploration

Principle:	Family and Community Whanau Tangata
Strand:	Belonging Mana Whenua
Goal:	Tamariki and whānau have a sense of belonging and feel part of the wider world, contributing to and exploring the diverse communities.
Objective:	Encourage tamariki to share and celebrate stories and knowledge about Tokelau, fostering a deep understanding and appreciation of its people, culture, history, geography, and values.

Background:

In this experience, tamariki will be introduced to the traditional Tokelauan story of Tui Tokelau, the supreme deity once honoured through annual ceremonies. Through storytelling, role play, and creative expression, children will explore ideas of leadership, respect, and connection to nature and community.

This activity encourages listening, imagination, and cultural pride. In Tokelauan culture, tala (storytelling) is a powerful way to pass down knowledge, values, and history. The story of Tui Tokelau helps tamariki learn about the importance of community, seasonal rituals, and the deep relationship between people, the land, and the sea.

Engaging with this tale supports tamariki to connect with Tokelauan heritage and understand the meaning behind shared stories. Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Mats or cushions for a storytelling circle
- Props: tapa cloth, coconut shells, fish puppets, scarves, shells
- Printed or simplified version of the Tui Tokelau story
- Drawing materials: paper, crayons, markers
- Audio recorder (optional, for revisiting the story)

Activity Steps:

- 1. Storytelling Circle** - Gather tamariki in a circle on mats or cushions. Read or retell a simplified version of the Tui Tokelau story using expressive voice and gestures.
 - [The legend of Tui Tokelau](#)
 - [Tokelau Gods - Myths and Legends](#)
- Use props to enhance the storytelling—e.g., coconut shells for offerings, tapa cloth for ceremonial dress, fish puppets for the sea.

2. Discussion and Reflection - Ask open-ended questions:

“Why did the people bring gifts to Tui Tokelau?”

“How do you think the people felt during the celebration?”

“What do you think Tui Tokelau looked like?”

3. Role Play and Movement - Reenact parts of the story. Assign roles (e.g., villagers, Tui Tokelau, dancers). Use scarves or cloths as costumes. Create a pretend “temple” space and act out the offering ceremony and dances.

4. Creative Art Response - Invite tamariki to draw or paint their favorite part of the story. Encourage them to include elements like the fale, ocean, offerings, or the deity. Display their artwork with captions or dictated retellings.

5. Revisiting the Story (Optional) - Record the storytelling session for future listening. Use the recording during quiet time or as a prompt for further discussion.

VOYAGE 5.1

Planned Learning

Experience: Learning and Sharing fascinating Facts about Tokelau

b) Our Tokelau Village – Collaborative Mural Creation

Principle:	Family and Community Whanau Tangata
Strand:	Belonging Mana Whenua
Goal:	Tamariki and whānau have a sense of belonging and feel part of the wider world, contributing to and exploring the diverse communities.
Objective:	Encourage tamariki to share and celebrate stories and knowledge about Tokelau, fostering a deep understanding and appreciation of its people, culture, history, geography, and values.

Background:

In this experience, tamariki will work together to create a large mural showing a Tokelauan village. Through this visual storytelling activity, they will learn about traditional Tokelauan homes (fale), the ocean, coconut trees, and communal life.

This activity reflects Tokelau's strong communal values and close relationship with nature. Tamariki will explore the importance of the fale as a place for gathering, the role of the ocean in daily life, and how families live and work together in harmony.

By creating the mural together, children will build teamwork, cultural knowledge, and pride in Tokelauan heritage. Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Large butcher paper or cardboard sheets
- Paints, crayons, markers
- Natural materials (leaves, sand, shells)
- Glue, scissors
- Photos or books showing Tokelauan villages

Activity Steps:

1. Warm-Up Discussion

Show photos or books featuring Tokelauan villages.

[Gagana Tokelau | E Books](#)

[Tokelau – Reading Warrior](#)

Talk about key features: fale (traditional homes), the ocean, coconut trees, and village life.

[Tokelau Facts for Kids](#)

[Tokelau | Te Papa](#)

Ask open-ended questions like:

“What do you see in these pictures?”

“What do you think people do in a Tokelau village?”

2. Planning the Mural

Lay out the large butcher paper or cardboard.

Invite tamariki to brainstorm what they want to include.

Sketch a simple outline together (e.g., fale on one side, ocean on the other).

3. Creating the Background

Use paints, crayons, or markers to fill in large areas: sky, ocean, land.

Encourage children to work in small groups to colour different sections.

4. Adding Village Elements

Children create fale using shapes and textures (e.g., triangle roofs, leaf walls).

Make coconut trees with brown paper trunks and green leaf cutouts.

Use natural materials to decorate: shells for the beach, sand for texture, leaves for trees.

5. Collaborative Assembly

Help children glue their creations onto the mural.

Encourage teamwork:

"Who wants to help place the fale?"

"Let's work together on the ocean!"

6. Storytelling and Sharing

Invite tamariki to describe parts of the mural.

Prompt storytelling:

"What's happening in our village today?"

"Who lives in this fale?"

7. Reflection and Display

Reflect on what they learned about Tokelau.

Display the mural in a prominent area with a title and short description.

VOYAGE 5.1

Planned Learning

Experience: Learning and Sharing fascinating Facts about Tokelau

c) Navigators of the Sea – Sensory Play and Geography Exploration

Principle:	Family and Community Whanau Tangata
Strand:	Belonging Mana Whenua
Goal:	Tamariki and whānau have a sense of belonging and feel part of the wider world, contributing to and exploring the diverse communities.
Objective:	Encourage tamariki to share and celebrate stories and knowledge about Tokelau, fostering a deep understanding and appreciation of its people, culture, history, geography, and values.

Background:

In this experience, tamariki will explore Tokelau's geography through sensory play and map-making. They will learn that Tokelau is made up of three atolls and discover how people traditionally navigated the ocean using stars and natural signs.

This activity introduces tamariki to the concept of wayfinding and the importance of the sea in Tokelauan life. It builds spatial awareness and helps children appreciate the islands' unique geography and deep connection to nature.

Through hands-on learning, tamariki will develop curiosity, cultural pride, and a stronger understanding of Tokelau's identity.

Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Sand trays, water play tubs
- Toy boats, shells, stones
- Simple maps of Tokelau
- Star charts or glow-in-the-dark stars
- Cardboard and markers for creating their own maps

Activity Steps:

1. Explore the Atolls - Show children a simple map of Tokelau and point out the three atolls. For example, [Top 10 Facts About Tokelau Island](#). Use sand trays to represent each atoll and water tubs to simulate the surrounding ocean. Place shells and stones to mark features like lagoons and coral reefs.

2. Sensory Play with Boats - Let tamariki sail toy boats between the "atolls." Talk about how Tokelauans used stars, ocean swells, and bird patterns to navigate. Use star stickers or glow-in-the-dark stars to simulate night navigation.

3. Create Personal Maps - Provide cardboard and markers for children to draw their own maps of Tokelau. See: [Tokelau Maps & Facts - World Atlas](#). Encourage them to include the three atolls, ocean paths, and stars. Add labels or simple symbols to represent natural signs used in navigation.

4. Group Reflection and Sharing - Invite children to share their maps and describe how they would travel between islands. Ask questions like:

“What would you use to find your way?”

“How do the stars help us?”

5. Display and Celebrate - Display the maps and sensory setups in the classroom. Celebrate the children’s learning with a short “voyager ceremony” where they pretend to be navigators setting off on a journey

VOYAGE 5.2

Planned Learning

Experience: Tamaiti will learn to use words to describe emotions

a) Feelings Friends – Puppet Play and Emotion Naming

Principle:	Kotahitanga Holistic Development
Strand:	Mana Reo Communication
Goal:	Tamariki develop verbal and non-verbal communication skills to express themselves effectively.
Objective:	Tamaiti will learn to talk about their feelings clearly and confidently, while also practising ways to calm themselves and feel better.

Background:

In this experience, tamariki will use puppets to explore and name emotions like fiafia (happy), ita (angry), mālū (calm), and fefe (scared). Through storytelling and role play, they will practise expressing their feelings and listening to others.

This activity reflects Tokelauan values of open communication and collective wellbeing. By using Tokelauan words and familiar everyday scenarios, tamariki will learn to express emotions in ways that strengthen their cultural identity and language.

Together, we will create a safe and joyful space for tamariki to share feelings, build empathy, and celebrate who they are. Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials:

- Emotion puppets or soft toys
- Emotion cards with Tokelauan and English words
- Mirror for facial expressions
- Story prompts based on Tokelauan settings (e.g., a child fishing with their family, or preparing for a fiafia night).

Activity Steps

1. Welcome & Emotional Warm-Up - Gather tamariki in a circle and greet them warmly. Use a mirror to invite children to make different facial expressions:

“Can you show me fiafia?”

Introduce emotion cards with Tokelauan and English words. Say each word aloud and invite children to repeat:

Fiafia – happy

Ita – angry

Mālū – calm

Fefe – scared

[Tokelau language activity book | Te Papa](#)

3. Meet the Feelings Friends - Introduce each puppet or soft toy as a “Feelings Friend” with a name and emotion. For example: *“This is Lita. She’s feeling fefe because it’s very windy outside.”* Let children hold and explore the puppets, naming the emotions they think the puppet might be feeling.

4. Storytelling with Tokelauan Prompts - Share a short story prompt based on Tokelauan life. Example: *“Tama is fishing with his family. The waves are big. How might Tama feel?”*

Use puppets to act out the story. Pause to ask: *“What emotion is Tama showing?” “Can you show me ita with your puppet?”* Encourage tamariki to suggest what happens next and how the characters feel.

5. Role Play & Emotion Sharing - Invite tamariki to create their own mini puppet stories using the emotion cards and puppets. Support them in naming emotions in both Tokelauan and English. Encourage listening and empathy: *“How can we help our friend who feels fefe?”*

6. Reflection & Calm Down - Gather puppets and cards in a basket. Invite tamariki to choose one emotion they felt today and share it using a puppet. End with a calming ritual—perhaps a gentle waiata or breathing with the mālū puppet.

VOYAGE 5.2

Planned Learning

Experience: Tamaiti will learn to use words to describe emotions

b) Calm Corner Creations – Making Personal Calming Kits

Principle:	Kotahitanga Holistic Development
Strand:	Mana Reo Communication
Goal:	Tamariki develop verbal and non-verbal communication skills to express themselves effectively.
Objective:	Tamaiti will learn to talk about their feelings clearly and confidently, while also practising ways to calm themselves and feel better.

Background:

In this experience, tamariki will create their own calming kits using sensory items and tools inspired by Tokelauan nature and traditions. These kits will help children regulate their emotions and feel safe and soothed.

Tokelau's peaceful environment and strong connection to nature offer calming inspiration. This activity supports tamariki to build emotional resilience while honouring the sensory richness of their cultural heritage.

Through hands-on exploration, children will learn how calming tools can support wellbeing and strengthen their connection to Tokelauan identity.

Materials Needed:

- Small boxes or bags
- Items like coconut-scented playdough, soft tapa cloth, shells, glitter jars
- Breathing cards with Tokelauan imagery (e.g., "Smell the frangipani, blow out the sea breeze")
- Stickers or drawings of Tokelau motifs (canoes, palm trees, stars)

Activity Steps:

1. Setting the Scene - Begin with a short talanoa about Tokelau: its gentle sea breezes, coconut trees, and peaceful way of life. Use visual aids (photos, tapa cloth, shells) to spark curiosity and connection. Introduce the idea of a "calming kit" as a special box that helps us feel safe, calm, and strong.

2. Designing the Kit Container - Provide small boxes or fabric bags. Invite tamariki to decorate them using stickers or drawings of Tokelauan motifs (canoes, palm trees, stars) and natural textures like tapa cloth or woven patterns. Encourage storytelling: "What does your box remind you of?" or "Who might use this canoe?"

3. Sensory Exploration Stations

Set up rotating stations where children choose items for their kits:

Station	Items	Cultural Link
Coconut Grove	Coconut-scented playdough	Coconut trees in Tokelau
Ocean Treasures	Shells, smooth stones	Tokelau's coastal life
Starry Night	Glitter jars	Tokelauan navigation by the stars
Tapa Touch	Soft tapa cloth	Traditional Tokelauan textiles

Encourage tamariki to touch, smell, and describe each item. Use language-rich prompts: "How does this feel?" "What sound does the shell remind you of?"

4. Breathing Card Creation - Introduce calming breaths using Tokelauan imagery: "Smell the frangipani... blow out the sea breeze." "Feel the sun on your skin... let the waves carry your worries." Children choose or create their own breathing card with simple drawings and phrases. Practice breathing together as a group.

5. Assembling the Calming Kit - Tamariki select their favourite items and place them in their decorated box/bag. Encourage them to explain their choices: "I chose this shell because it makes me feel happy." Support peer sharing: "Let's show our kits to a friend and talk about what helps us feel calm."

6. Introducing the Calm Corner - Set up a dedicated space in the room with soft lighting, cushions, and Tokelauan imagery. Place a few communal calming kits there for use during the day. Teach tamariki how to use the space: "When you feel wobbly or need a break, you can come here."

7. Whānau Connection - Send a note or photo home explaining the calming kit and its cultural inspiration. Invite families to share calming traditions from their own cultures to enrich the corner.

8. Reflective Extension - Use the kits during transitions, after big emotions, or before rest time. Revisit the kits regularly to add new items or reflect on what's working.

VOYAGE 5.2

Planned Learning

Experience: Tamaiti will learn to use words to describe emotions

c) Feelings Through Movement and Music – Expressive Dance and Mindful Listening

Principle:	Kotahitanga Holistic Development
Strand:	Mana Reo Communication
Goal:	Tamariki develop verbal and non-verbal communication skills to express themselves effectively.
Objective:	Tamaiti will learn to talk about their feelings clearly and confidently, while also practising ways to calm themselves and feel better.

Background:

In this experience, tamariki will explore emotions through Tokelauan music and movement. They will dance to traditional rhythms, express feelings through body language, and practise calming techniques like deep breathing and stillness.

Music and dance are central to Tokelauan life, especially during fiafia celebrations. This activity helps tamariki connect emotional expression to cultural practices, building pride and emotional awareness.

Through joyful movement and calming moments, children will strengthen their wellbeing and deepen their connection to Tokelauan identity.

Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Tokelauan music (drumming, singing, or recorded fiafia performances)
- Scarves or ribbons for dancing
- Floor mats for relaxation
- Visuals for breathing and mindfulness cues using Tokelauan symbols (e.g., stars for navigation, waves for breath)

Activity Steps:

1. Welcoming the Experience - Begin with a talanoa about Tokelauan fiafia celebrations—how music, dance, and storytelling bring people together. For example, [Tokelau Community celebrate language and culture at Easter gathering](#). Show visuals of Tokelauan symbols (stars, waves, palm trees) and ask: “What do these remind you of?” “How do you think people feel when they dance together?”

2. Emotion Warm-Up Circle - Gather tamariki in a circle and introduce basic emotions: happy, sad, excited, calm, angry. Use facial expressions and body poses to match each feeling. Invite children to mirror and name each emotion: “Can you show me what ‘excited’ looks like with your arms?” “How does your body feel when you’re calm?”

3. Dance and Movement Exploration - Play Tokelauan music (drumming, singing, or recorded fiafia). For example, [Kei Na Fiafia \(Tokelauan\), 3 min Pacific Break - Tokelau TK, Music & Dance | Atafu Tokelau Community Group](#).

Offer scarves or ribbons to enhance expressive movement. [Learning Scarf Dance for Children \(Official Video\) Kids Action Song Preschool Jump Up Down Dance](#)

Guide tamariki through:

- Free dance: “Move how the music makes you feel.”
- Emotion prompts: “Dance like you’re feeling joyful... now try sleepy... now strong.”
- Symbolic movement: “Wave your ribbon like the ocean... twinkle like a star.”

4. Mindful Listening and Stillness - Transition to quiet music or natural Tokelauan sounds (waves, birds). Invite tamariki to lie or sit on floor mats. Introduce breathing visuals:

“Breathe in like the wave coming in... breathe out like it is flowing away.”

“Breathe in and imagine a star guiding you... breathe out and feel calm.”

Practice 3–5 slow breaths together, using gentle hand motions.

5. Reflection and Sharing - Ask tamariki to share “What movement helped you feel calm?”, “Which dance made you feel strong or happy?” Encourage drawing or storytelling about their favourite part of the experience.

6. Creating a Music & Movement Corner - Set up a space with: scarves/ribbons, Tokelauan music player or playlist, breathing visuals and mats and teach tamariki how to use the space for emotional regulation or creative play.

7. Whānau Connection - Share photos or short videos (with consent) of the activity with families. Invite whānau to contribute Tokelauan songs or dances they love. Encourage home practice of breathing techniques using shared visuals.

8. Reflective Extension Revisit this activity during transitions, before rest time, or after big emotions. Integrate it into celebrations or cultural weeks to reinforce pride and emotional awareness.

VOYAGE 5.3

Planned Learning

Experience: Tamariki will feel valued and experience a sense of self-worth

a) Fiafia Time – Weekly Celebration Circle

Principle:	Empowerment Whakamana
Strand:	Well-being Mana Atua
Goal:	Tamariki develop a strong sense of self-esteem and confidence, feeling valued and respected.
Objective:	Create an environment where tamariki feel appreciated and their achievements are celebrated, boosting their self-worth.

Background:

In this experience, tamariki will gather each week for Fiafia Time—a joyful celebration where they share something they're proud of, such as a drawing, a kind action, or a new skill. They will receive encouragement from their peers and kaiako, helping them feel seen and valued.

Fiafia is a cherished Tokelauan tradition of gathering, performance, and recognition. This activity mirrors that spirit, building communal pride and positive identity. Tamariki will celebrate achievements together, strengthening confidence, relationships, and cultural connection.

Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Fiafia mat or decorated space
- Microphone or talking stick (can be a shell or carved item)
- Certificates or stickers with Tokelauan motifs
- [Teacher stickers: Te Gagana Tokelau – PKL](#)
- Music for transitions or celebration dances

Activity Steps:

- 1. Preparing the Fiafia Space** - Choose a consistent weekly time and place (e.g., Friday morning circle). Decorate the area with a fiafia mat or colourful cloth, Tokelauan motifs (stars, palm trees, canoes) and a talking stick (e.g., carved shell or wooden item). Play gentle Tokelauan music as tamariki gather, for example: [Tokelauan welcome song](#).
- 2. Opening the Circle** - Begin with a warm karakia or greeting. Introduce the purpose: "Fiafia Time is when we celebrate with each other. We share something we're proud of and cheer for our friends." Use the talking stick to signal whose turn it is to speak.
- 3. Sharing and Celebrating** - Invite tamariki one at a time to share: a drawing or creation, a kind action they did or a new skill they learned. Support expressive language: "I felt proud when I helped my friend." "I made this star because it reminds me of Tokelau." Kaiako and peers respond with affirmations: "Ka pai!" "That was very thoughtful." "You're learning so much!"
- 4. Recognition Ritual** - Present certificates or stickers with Tokelauan designs. Use phrases like: "You showed kindness like the calm sea." "Your drawing shines like a Tokelauan star." Encourage tamariki to place their sticker on a shared achievement wall or take it home.

- 5. Celebration Dance** - End with a short fiafia-style dance. Play upbeat Tokelauan music. Use scarves or ribbons for movement. Invite tamariki to dance with joy and pride
- 6. Reflection and Farewell** - Gather back on the mat for quiet reflection: “What made you smile today?” “How did it feel to share your story?” Close with a calming breath or song.
- 7. Whānau Connection** - Share highlights with families via photos, quotes, or a weekly newsletter. Invite whānau to contribute stories, songs, or items that reflect their child’s achievements or cultural pride.
- 8. Reflective Extension** Use Fiafia Time to reinforce centre values like kindness, perseverance, and creativity. Rotate roles: tamariki can help set up the mat, choose music, or present certificates.

VOYAGE 5.3

Planned Learning

Experience: Tamariki will feel valued and experience a sense of self-worth

b) Achievement Tapa – Collaborative Art Display

Principle:	Empowerment Whakamana
Strand:	Well-being Mana Atua
Goal:	Tamariki develop a strong sense of self-esteem and confidence, feeling valued and respected.
Objective:	Create an environment where tamariki feel appreciated and their achievements are celebrated, boosting their self-worth.

Background:

In this experience, tamariki will contribute to a large tapa-inspired artwork that grows over time. Each child will add a symbol, drawing, or pattern to represent something they've achieved or learned.

Tapa cloth is a traditional art form that tells stories and honours people and events. This collaborative version helps tamariki visually celebrate their growth, linking personal achievement to cultural storytelling and pride.

Through creativity and shared expression, children will build confidence, connection, and a deeper appreciation for Tokelauan heritage. Note: All external websites and resources referenced are used solely for educational purposes; copyright remains with the original creators and rights holders.

Materials Needed:

- Large canvas or paper
- Brown paper, white paint, black markers
- Natural materials (leaves, shells, coconut fibres)
- Photos or drawings of Tokelauan tapa designs

Activity Steps:

- 1. Introducing Tapa and Achievement** - Begin with a talanoa about Tokelauan tapa cloth: Show photos or drawings of traditional designs. Explain how tapa tells stories and honours people or events. For example, [Tapa Cloth Design Elements - Pacific Education and The Making of Tapa](#). Ask tamariki:
"What is something you've learned or done that makes you feel proud?"
"How could we show that in a picture?"
- 2. Preparing the Collaborative Canvas** - Set up a large canvas or taped-together sheets of brown paper on a wall or table. Divide it into sections or leave open space for organic growth. Use white paint and black markers to mimic traditional tapa textures and patterns.
- 3. Creating Achievement Symbols** - Invite tamariki to create a symbol, drawing, or pattern that represents something they've achieved: A star for learning a new word, a wave for helping a friend, a leaf for trying something new. Support storytelling:
"Tell me about your symbol."
"What does this pattern mean to you?"

- 4. Adding Natural Materials** - Offer leaves, shells, coconut fibres to enhance texture and cultural connection. Tamariki can glue or place these around their drawings. Discuss the meaning of each item:

"Shells remind us of the ocean and our strength."

"Leaves show growth and change."

- 5. Celebration and Sharing** - Hold a mini "tapa unveiling" each week where new contributions are added. Invite tamariki to present their piece using a talking stick or shell. Affirm their efforts:

"Your pattern shows how brave you were."

"This star shines with your kindness."

- 6. Whānau Connection** - Display the tapa in a visible space for families to see. Share photos or quotes from tamariki about their contributions. Invite whānau to add their own symbols or stories to the border, creating a shared narrative.

- 7. Reflective Extension** - Revisit the tapa regularly to celebrate new achievements. Use it during transition times or goal-setting conversations:

"What would you like to add next week?"

"What are you working towards?"

VOYAGE 5.3

Planned Learning

Experience: Tamariki will feel valued and experience a sense of self-worth

c) Ko Au! – My Tokelau Identity Book

Principle:	Empowerment Whakamana
Strand:	Well-being Mana Atua
Goal:	Tamariki develop a strong sense of self-esteem and confidence, feeling valued and respected.
Objective:	Create an environment where tamariki feel appreciated and their achievements are celebrated, boosting their self-worth.

Background:

In this experience, tamariki create personal Ko Au! books filled with drawings, photos, and stories about who they are, what they love, and what makes them proud. Sharing these with whānau and displaying them in the centre celebrates each child's identity and strengthens their sense of belonging.

This activity supports Te Whāriki's strand of Belonging – Mana Whenua and reflects Tokelauan values of heritage, language, and whānau. It builds confidence, fosters cultural pride, and deepens connections between tamariki, kaiako, and families.

Materials Needed:

- Blank booklets or stapled pages
- Drawing tools, stickers, photos
- Gagana Tokelau labels (e.g., "Fiafia au i..." – "I am happy about...")
- Family contributions (e.g., messages or photos from home)

Activity Steps:

1. Introducing Ko Au! Begin with a talanoa about what makes each person special.

Introduce the phrase "Ko Au!" – "This is me!" and explain that each child will make a book about themselves.

Show examples of Tokelauan symbols and phrases to spark ideas.

2. Creating the Book Structure - Provide blank booklets or stapled pages.

Decorate the cover with the Child's name, Tokelauan motifs (stars, palm trees, waves) and Gagana Tokelau title: "Ko Au!"

3. Page-by-Page Exploration - Guide tamariki through themed pages over several days or weeks:

Page Theme	Prompts & Supports	Cultural Connection
My Favourite Things	“Fiafia au i...” - “I am happy about...”	Use Gagana Tokelau labels
My Whānau	Add photos or drawings of family	Invite kāiga / whānau messages
Where I Come From	Draw or collage places, flags, or symbols	Include Tokelauan imagery
Something I’m Proud Of	“Na ako au i...” “I learned...”	Link to recent achievements
My Art	Include a favourite drawing or creation	Celebrate creativity and voice

Support oral language development by encouraging tamariki to talk about each page before drawing or writing.

4. Whānau Contributions - Send a note home inviting families to: Share a photo or message, help with Gagana Tokelau phrases and/or add a cultural story or memory. Include these in the book to strengthen home-centre connection.

5. Sharing and Celebrating - Host a “Ko Au!” showcase where tamariki present their books to peers or whānau. Use a talking stick or shell to support turn-taking and mana-enhancing sharing. Affirm each child’s story: “Your book shows how proud you are of your family.” “This page shines with your kindness.”

6. Displaying the Books - Create a “Ko Au!” shelf or wall in the centre. Allow tamariki to revisit and update their books over time. Use them during transitions or emotional check-ins: “Let’s look at your book to remember what makes you feel strong.”

7. Reflective Extension - Pair with identity songs, storytelling, or cultural games. Use the books to support transitions, new enrolments, or goal setting.