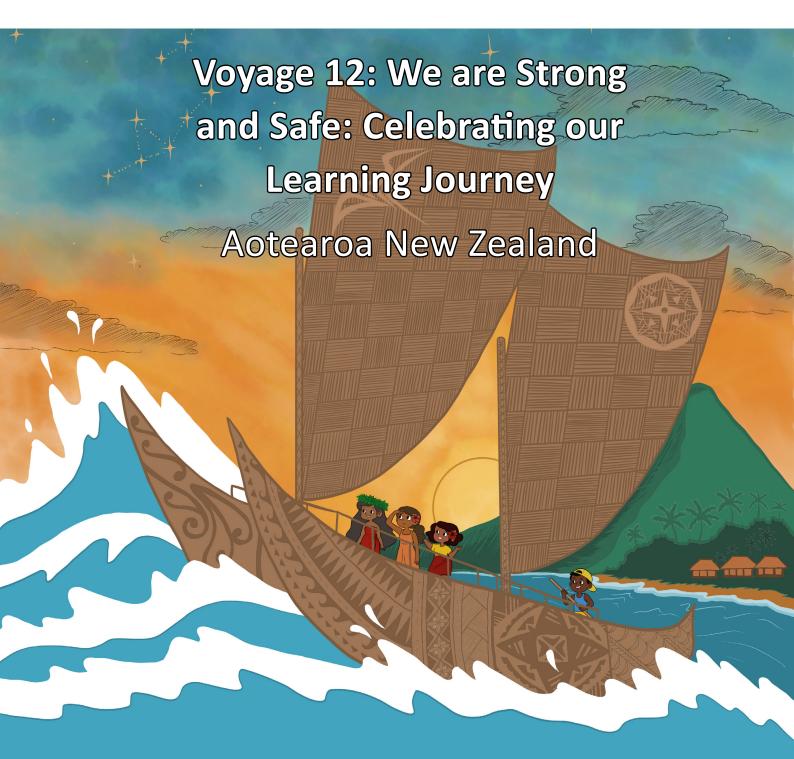
# **Nesian Narratives Toolkit**



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 12: We are Strong and Safe: Celebrating our Learning Journey

Aotearoa New Zealand

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# 1. About this topic

As tamariki return to Aotearoa New Zealand, they will reflect on their Nesian Narratives voyage, focusing on key body safety messages. Through guided reflection, they will learn to express their understanding (Mana Reo), develop empathy and respect by listening and sharing with peers (Mana Tangata), and celebrate their learning through projects and presentations. These experiences help tamariki recognise their progress and grow as confident, connected learners.

# 2. Learning Outcomes

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

 Recapping and reflecting on their learning from the Nesian Narratives voyage, focusing on key body safety messages, and participating in meaningful ways to celebrate their learning milestones, such as sharing their understanding with others.

# 3. Curriculum Planning

# 1. Strong and Safe: Celebrating our Nesian Narratives Learning

Principle: Empowerment | Whakamana

Strand: Wellbeing | Mana Atua

**Goal:** Tamariki reflect on their Nesian

Narratives journey, learning how to keep their bodies safe, listen to their feelings, and celebrate their growth as strong, confident

learners.

**Objective:** Tamariki will revisit and reflect

on their journey through the Nesian Narratives, focusing on important body safety concepts. They will also engage in meaningful ways to celebrate their learning, such as sharing their insights and

achievements with others.

#### **Important Body Safety Messages**

- I am the boss of my body and I make safe, strong choices.
- I trust my feelings—they help me stay safe and strong.
- The parts under my swimming togs are private and are to be treated with care and respect.
- I have a strong village (support team) of trusted adults who listen and care.

#### **Planned Learning Experience:**

- a) Powhiri Welcoming Home Ceremony
- b) Our Pacific Wellbeing Journey Map: Strong, Safe, and Connected
- c) Nesian Narratives Celebration Day

# 4. Connections to Curriculum

The topic **We are Strong and Safe: Celebrating our Learning Journey** aligns with both *Te Whāriki* and *Tapasā*, as both frameworks emphasise identity, cultural heritage, and community learning (Ministry of Education, 2017; Ministry of Education, 2018).

## 1. Recap and Reflect on their Learning from the Nesian Narratives Voyage

Te Whāriki: Supports the principle of Whakamana by empowering tamariki to lead their own reflections, express their feelings, and explore symbols and stories from their own and other cultures. This promotes communication, identity, and a sense of belonging.

*Tapasā*: Strengthens Pacific pedagogy by valuing storytelling, talanoa, and visual representation as culturally responsive ways for tamariki to reflect on their learning. It affirms Pacific identities and encourages pride in cultural heritage.

## 2. Embedding Key Body Safety Messages

Te Whāriki: Aligns with the strand Mana Atua by promoting emotional and physical wellbeing. Tamariki learn to trust their feelings, understand body boundaries, and recognise their right to safety and respect—building autonomy and self-worth.

*Tapasā*: Encourages culturally affirming teaching practices that embed body safety within trusted relationships and village support models. It recognises the importance of emotional literacy and collective care in Pacific communities.

# 3. Celebrate their Learning Milestones

Te Whāriki: Promotes wellbeing and confidence by encouraging tamariki to celebrate achievements in ways that affirm their identity and growth. This supports the development of strong, confident learners.

Tapasā: Recognises diverse cultural ways of celebrating milestones, ensuring that Pacific traditions, values, and collective celebrations are integrated into learning experiences. It fosters respectful relationships and community engagement.

# 5. Assessment and Evaluation

Kaiako can record and track tamariki's understanding of We are Strong and Safe: Celebrating our Learning' using a range of methods aligned with *Te Whāriki*. These methods include, but are not limited to:

- Observations
- Learning stories
- Group discussions
- Portfolio/Diary entries

- Child friend self-assessment
- Quizzes (e.g., on iPad)
- Group projects and presentations
- Parent and whānau feedback

# 6. Essential Facts for Kaiako

Here are some helpful insights for kaiako to support tamariki in reflecting on their Nesian Narratives voyage.

Reflection enables tamariki to make sense of their learning, build confidence, and deepen their connection to identity and culture. Celebrating success—through sharing, encouragement, and joyful activities—motivates tamariki to continue exploring and growing as engaged learners.

This final stage of the voyage invites tamariki to return from their journey of exploring and learning about various Pacific islands, including Māori processes and practices. For more information on Aotearoa New Zealand's traditions, values, and cultural connections, refer to the Voyage 1 resource: Island Nation Spotlight – Aotearoa New Zealand.

## 1. Strengthening Connections through Reflection

- Recognising Growth: Encourage tamariki
  to revisit their Nesian Narratives journey
  by exploring stories, symbols, and cultural
  experiences. This helps them make sense of
  their learning, recognise their progress, and
  build confidence in their identity.
- Sharing Stories: Provide opportunities for tamariki to express their thoughts through storytelling, drawing, role play, or group discussions. These creative forms of reflection help deepen emotional connections and cultural understanding.

## 2. Embedding Key Body Safety Messages

- Respecting Boundaries: Support tamariki
  in understanding that their bodies are their
  own, and that they have the right to feel safe,
  respected, and heard. Use consistent,
  age-appropriate language to reinforce key
  safety messages.
- Building Emotional Literacy: Help tamariki recognise and trust their feelings as part of staying safe and strong. Use stories, puppets, or visual cues to support emotional awareness and expression.

# 3. Celebrating Milestones Together

- Recognising Achievements: Celebrate tamariki's learning milestones—big or small—through sharing, encouragement, and joyful activities. This builds self-esteem and motivates continued engagement.
- Creating Shared Traditions: Use collaborative activities like group storytelling, cultural performances, or visual displays to mark the end of the Nesian Narratives voyage. These shared experiences foster teamwork and strengthen community connections.

# 7. Information to share with Parents and Caregivers

# Supporting Your Child's Learning Through Reflection and Celebration

Helping tamariki reflect on their learning experiences builds confidence and strengthens their connection to identity and culture.

Celebrating success—whether big or small—motivates them to continue exploring and growing as engaged learners.

Through these processes, tamariki develop selfawareness, resilience, and an appreciation for their achievements.

## **How You Can Support Learning at Home**

You play a vital role in reinforcing reflection and celebration outside the setting. Here are some ways to continue the learning journey at home:

- Encouraging Reflection: Create a quiet space where tamariki can share their thoughts, draw pictures, or talk about what they've learned.
- Sharing Stories: Ask open-ended questions like, "What was your favourite part of the Nesian Narratives voyage?" or "What did you learn that surprised you?"
- Celebrating Achievements: Recognise their efforts with small celebrations, like a special family activity or words of encouragement.
- Building Connections: Link their learning to everyday experiences, reinforcing cultural awareness and personal growth.

# 8. Professional Development

Kaiako bring incredible richness, wisdom, and cultural knowledge to their roles, centres, tamariki and whanau. Your commitment to nurturing tamariki through meaningful, identity-affirming learning experiences is at the heart of early childhood education in Aotearoa. The following professional development ideas offers insights to support kaiako in strengthening connections through reflection and celebrating learning milestones—key aspects of the *Nesian Narratives* journey.

## 1. Strengthening Connections through Reflection

- SELO (Strengthening Early Learning Opportunities) Programme
   Offered by the Ministry of Education, SELO provides targeted professional development for early learning services. It includes support for:
- Understanding Māori and Pacific cultural identities and worldviews
- Designing inclusive, culturally responsive learning environments
- Engaging in reflective teaching practices that honour diverse narratives

- Tātai Aho Rau Core Education –
   Early Years PLD
  - <u>Core Education</u> offers customised professional learning for kaiako, including:
- · Strengthening cultural capability
- Designing local curriculum that reflects tamariki's identities
- Implementing reflective strategies for planning and assessment

# 2. Embedding Key Body Safety Messages

- Voyages 10 and 11 of the Nesian Narratives
   Toolkit introduced tamariki to key body safety
   messages, helping them understand that their
   bodies are private and deserve respect, and
   that their feelings help keep them safe and
   strong. Kaiako can reinforce these messages
   using clear, age-appropriate language and
- culturally affirming practices, supported by tools like stories, puppets, and visual cues.
- Kaiako are encouraged to revisit Voyages 10 and 11 and explore related professional development opportunities to deepen their practice.

# 3. Celebrating Milestones Together

- Each Pacific Island nation holds its own rich traditions and values, and while many share similar ways of marking the end of a journey—through storytelling, ceremony, and community gathering—each culture also brings unique customs that reflect its distinct heritage and worldview.
- Kaiako may wish to explore these diverse practices to inspire meaningful, culturally grounded ways to celebrate the end of the Nesian Narratives voyage with tamariki.

In **Māori tradition**, the end of a journey—whether physical, spiritual, or ceremonial—is often marked by rituals that honour connection, transition, and reflection. While there isn't a single fixed custom for ending a voyage like those on outrigger canoes, Māori practices offer rich ways to acknowledge the significance of arrival and completion.

#### **Common Māori Customs for Ending a Journey:**

- Karakia (prayers or incantations): These
  are used to give thanks for safe travels,
  acknowledge spiritual guidance, and mark
  transitions. A karakia may be offered upon
  arrival to bless the land, the people, and the
  journey completed.
- Pōwhiri (welcoming ceremony): When arriving at a marae or significant place, a pōwhiri may be held to welcome travellers. This includes speeches, waiata (songs), and the hongi (traditional greeting), symbolising unity and peace.
- Hongi (sharing of breath): Performed at the conclusion of speeches or ceremonies, the hongi is a deeply symbolic gesture that connects people spiritually and physically.
- Wharekai (shared meal): After formal proceedings, sharing kai (food) in the wharekai is a way to close the ceremony and celebrate together. It signifies hospitality, unity, and the completion of the formal process.
- Gift-giving or taonga exchange: In some contexts, the giving of pounamu or other taonga (treasures) may occur to honour the journey or relationship formed.

These customs reflect Māori values of manaakitanga (hospitality), whanaungatanga (relationships), and tapu/noa (sacred/profane balance)—all essential in marking the end of a significant journey.

# 9. Health and Safety Guidelines

A safe, inclusive space allows tamariki to explore, reflect, and celebrate their learning confidently. ECE kaiako play a crucial role in maintaining these standards while fostering meaningful learning experiences. The following are some of the relevant New Zealand ECE health and safety guidelines that apply:

# 1. Developing Skills in Recapping and Reflecting on Their Learning Experience

**Emotional Safety:** Create a supportive environment where tamariki feel safe expressing their thoughts and reflections.

**Group Activities:** Facilitate discussions in a way that promotes positive interactions and minimises conflicts.

**HS12 Hazard and Risk Management:** Ensure learning spaces are free from emotional and physical hazards.

**HS14 Noise Levels:** Maintain appropriate noise levels to support focused reflection and discussion.

## 2. Embedding Key Body Safety Messages

Child Protection Policies – ECE centres must have written child protection policies that outline how tamariki can identify and seek help from trusted adults. This is required under the Children's Act 2014.

**Safety Checks for Kaiako** – All kaiako and staff working with children must undergo safety checks every three years to ensure they are suitable to support tamariki in feeling safe and protected.

# 3. Learning and Experiencing Different Ways of Celebrating Milestones

**Celebration Safety:** Ensure all activities are safe and age-appropriate, including checking for food allergies and using non-toxic decorations.

**Inclusive Practices:** Make sure celebrations respect all cultural backgrounds, fostering a sense of belonging for every tamaiti.

**HS12 Hazard and Risk Management:** Ensure celebrations do not pose any physical or emotional risks.

**HS26 Infectious Diseases**: Follow hygiene protocols when sharing food or engaging in group activities.

# **VOYAGE 12.1**

Strong and Safe: Celebrating Our Nesian Narratives Learning

# a) Powhiri -Welcoming HomeCeremony

Principle: Empowerment | Whakamana

Strand: Wellbeing | Mana Atua

**Goal:** Tamariki reflect on their Nesian

Narratives journey, learning how to keep their bodies safe, listen to their feelings, and celebrate their growth

as strong, confident learners.

**Objective:** Tamariki will revisit and reflect on

their journey through the Nesian Narratives, focusing on important body safety concepts. They will also engage in meaningful ways to celebrate their learning, such as sharing their insights and achievements with others.

# **Background:**

Tamariki will understand the significance of a pōwhiri and participate in an adapted version.

#### **Notes for Kaiako:**

A pōwhiri is a traditional Māori welcoming ceremony that can be adapted to welcome someone home. It involves karanga (calls of welcome), whaikōrero (formal speeches), waiata (songs), hongi (pressing of noses), and kai (food) to acknowledge the returning person and reconnect them with their whānau and whenua.

# How to Hold a Powhiri for Someone Returning Home

#### 1. Karanga – The Call of Welcome

A kaikaranga (female caller) from the tangata whenua (home people) calls the returning person forward.

The returning person or their representative responds, acknowledging their journey and arrival.

#### 2. Wero - Establishing Intent

If appropriate, a wero (challenge) may be performed, where a warrior lays down a token (e.g., a small branch) for the returning person to pick up, symbolising peace.

#### 3. Whaikorero - Speeches of Welcome

Tangata whenua begin with speeches acknowledging the returning person's journey, their connection to the land, and their place within the whānau.

The returning person or their representative responds, expressing gratitude and sharing reflections on their journey.

Each speech is followed by a waiata (song) to support the speaker.

#### 4. Hongi - Reconnecting Through Breath

The returning person and tangata whenua exchange hongi, pressing noses to symbolise the sharing of breath and life force.

#### 5. Kai – Sharing Food to Lift Tapu

A meal is shared to remove tapu (sacredness) and reinforce the bonds of whanaungatanga (relationships).

Traditionally, a hāngī (earth oven meal) may be prepared, but any shared kai is appropriate.

#### **Materials Needed:**

- A space to gather (group time setting or outdoor area)
- A speaker (kaiwhakahaere) to lead the pōwhiri
- A small woven mat or symbolic gift for the manuhiri (visitors)
- Waiata (songs) for welcoming
- Kai (food) and refreshments (water/juice, etc.)

## **Activity Steps:**

 Introduction: Explain the purpose of a pôwhiri—welcoming guests or returning guests, showing respect, and creating connections.

For example, this <u>video resource</u> from Te Kete Ipurangi (7:21 clip) explains to kaiako how a school incorporated pōwhiri to welcome a new staff member. This resource will be moved onto Tāhūrangi (to be completed by July).

- 2. Roles: Assign children as tangata whenua (hosts) and manuhiri (visitors).
- 3. Karanga: A teacher or child calls the visitors forward.
- 4. Whaikôrero: A simple speech of welcome, followed by waiata.
- 5. Hongi: Demonstrate and practice the hongi (pressing noses).
- 6. Reflection: Discuss how the pôwhiri made them feel and why it's important in Mâori culture.

## Waiata / Songs

#### Tūtira Mai Ngā Iwi

Music by Toi Time - made with the support of NZ On Air. Watch here.

Lyrics:

Tūtira mai ngā iwi Line up together, people Tātou tātou e All of us, all of us. Tūtira mai naā iwi Line up together, people Tātou tātou e All of us, all of us. Seek after knowledge Whai-a te māramatanga Me te aroha – And love others e ngā iwi! everybody! Kia tapatahi Think as one, Kia kotahi rā Act as one. Tātou tātou e All of us, all of us. Tātou tātou e E!! All of us, all of us!! Hi aue hei!!! Hi aue hei!!!

Resource: <a href="https://cypresschoral.com/composers/john-barron/tutira-mai-nga-iwi/">https://cypresschoral.com/composers/john-barron/tutira-mai-nga-iwi/</a>

#### E Toru Ngā Mea

E toru ngā mea There are three things Ngā mea nui *Very important things* E kī ana As stated in Te Paipera The Bible Whakapono Faith Tūmanako Hope Ko te mea nui And the greatest thing Ko te aroha Charity/Love

ELP Waiata Series - Performed by Kaihautū, Maria Sydney, Educational Leadership Project Ltd. Listen here.

# **VOYAGE 12.1**

Strong and Safe: Celebrating Our Nesian Narratives Learning

b) Our Pacific **Wellbeing Journey Map:** Strong, Safe, and Connected

**Principle:** Empowerment | Whakamana

Strand: Wellbeing | Mana Atua

Goal: Tamariki reflect on their Nesian

> Narratives journey, learning how to keep their bodies safe, listen to their feelings, and celebrate their growth

as strong, confident learners.

**Objective:** Tamariki will revisit and reflect on

> their journey through the Nesian Narratives, focusing on important body safety concepts. They will also engage in meaningful ways to celebrate their learning, such as sharing their insights and achievements with others.

## **Background:**

Reflecting on our Pacific Wellbeing Journey through storytelling, creativity, and collaboration.

#### **Materials Needed:**

- Large roll of paper or cardboard (for the timeline/poster)
- Printed flags or symbols of Pacific Islands
- Photos from previous sessions (if available)
- Drawing tools: crayons, markers, pastels
- Glue, scissors, stickers
- Voice recorder or adult scribe for quotes/ reflections
- A screen or device to show the YouTube clip: Body Safety Rules – 5 Things Every Child Should Know
- Visual aids or posters showing each rule. For example, Educate 2 Empower's free 'My Body Safety Rules' poster
- Coloured mats, flags, or signs for station setup

# 1. Welcome Circle and Journey **Map Introduction**

# **Activity Steps:**

- 1. Gather tamariki in a circle and begin with a short talanoa.
  - Kaiako prompt: "We've been on a big adventure together! Can you remember some of the places we visited or things we learned?"
- 2. Use a talking object (like a shell or flower) to take turns sharing memories.
- 3. Then, introduce the Pacific Journey Map (a large poster or pathway with 12 stops). Kaiako prompt: "Each stop on this map is a place we learned something special—like feelings, family, or keeping safe. Let's look at the map and remember our journey!"
- 4. Place flags and symbols (like hearts, family photos, or dancing feet) at each stop to help tamariki connect their memories to each voyage.
- 5. Transition to next step: "Before we explore our stations, let's remember some important rules that help keep our bodies safe."

# 2. My Body Safety Rules – What Every Child Should Know

To help tamariki review and understand the 5 key body safety rules in a simple, engaging way.

Kaiako prompt: "We're going to watch a short video that shows 5 things every child should know to keep their body safe."

## **Activity Steps:**

- Watch the video together: Body Safety Rules –
   Things Every Child Should Know
- 2. Pause after each rule to discuss using simple language and visuals:

"My body belongs to me."

"I have a safe village - safe adults I can talk to."

"I trust my feelings—they help me stay safe and strong."

"Private parts are the parts of my body under my swiming togs."

"I should never keep secrets - only happy surprises."

- 3. Ask tamariki to repeat each rule aloud. Use gestures to reinforce meaning (e.g., crossing arms for "I can say no").
- 4. Transition to Stations:

"Now that we've remembered how to keep our bodies safe, let's go explore our learning journey at the stations. Each one will help us think more about our feelings, families, and how we stay strong and safe."

# 3. Island Stations - Exploring our Learning

Tamariki will rotate through four themed stations, each representing three voyages from the Nesian Narratives journey.

# How Tamariki Will Move Between Stations:

- Small Groups: Divide tamariki into 4 small groups
- Kaiako Support: Each group is guided by a kaiako or adult helper.
- Gentle Rotation: After 5–10 minutes, signal the next move using a chime, song, or call-andresponse.
- Visual Cues: Use coloured mats, flags, or signs to show station locations.
- Encouraging Language:
   "It's time to visit the next island on our journey! Let's see what we'll discover there."

#### **Station Overview**

#### Station 1: Me and My Whānau

Voyage 1 (Consent – Aotearoa NZ): Use a koru or handshake image.

Voyage 2 (Identity – Hawai'i): Draw yourself with a flower lei.

Voyage 3 (Family – Kiribati): Glue a photo or draw your family.

#### **Station 2: Feelings and Friends**

Voyage 4 (Relationships – Cook Islands): Match friends or draw a hug.

Voyage 5 (Emotions – Tokelau): Use emojis or feeling faces.

Voyage 6 (Brainworks – Samoa): Draw a brain or thinking bubble.

#### **Station 3: Keeping Safe**

Voyage 7 (Physical Safety – Rotuma): Use bandaid stickers or safety signs.

Voyage 8 (Environmental Safety – Tuvalu): Draw clean water or trees.

Voyage 9 (My Body – Fiji): Trace hands or feet.

#### Station 4: My Safe Village

Voyage 10 (Body Safety – Niue): Use a shield or safe touch symbol.

Voyage 11 (Online Safety – Tonga): Draw a phone or computer with a smile.

Voyage 12 (Celebration – Aotearoa NZ): Decorate with stars, music, or dancing.

#### **Prompts for Tamariki at Each Station**

"I learned about..."

"I felt..."

"I liked when..."

## 4. Assembly Time

Bring all the pieces together on the large timeline/ poster. Tamariki help glue, arrange, and decorate their work.

## 5. Sharing Circle

- Gather around the finished map.
- Invite tamariki to point to something and share what it means to them.
- Celebrate with a Pacific song or dance.

#### **Optional Extensions:**

- Display the timeline in the whānau area.
- Create a digital version with photos and audio clips.

# **VOYAGE 12.1**

Strong and Safe: Celebrating Our Nesian Narratives Learning

# c) Nesian Narratives Celebration Day

Principle: Empowerment | Whakamana

Strand: Wellbeing | Mana Atua

**Goal:** Tamariki reflect on their Nesian

Narratives journey, learning how to keep their bodies safe, listen to their feelings, and celebrate their growth

as strong, confident learners.

**Objective:** Tamariki will revisit and reflect on

their journey through the Nesian Narratives, focusing on important body safety concepts. They will also engage in meaningful ways to celebrate their learning, such as sharing their insights and achievements with others.

# **Background:**

Celebrate tamariki's learning journey through the Nesian Narratives project by reflecting, performing, and sharing kai with peers and whānau. The hangi experience is offered as an optional cultural enrichment activity.

#### **Materials Needed:**

- Decorations (balloons, banners, streamers)
- Traditional Polynesian and Mâori music
- A space for performances or storytelling
- Certificates or small tokens of achievement
- Kai for a shared meal (fruit, sandwiches, water)

# Part 1: Project Completion Party – Honouring Our Achievements

## **Activity Steps:**

- **1. Set the scene** Decorate the space with Pacificthemed items (balloons, tapa patterns, flags).
- **2. Begin with a mihi and waiata** Acknowledge the journey and express gratitude for the learning experience.
- **3. Storytelling and performances** Tamariki share songs, dances, or stories from their learning.
- **4. Award recognition** Present certificates or small tokens to each child.
- **5. Shared kai:** Offer fruit, sandwiches, and water for everyone to enjoy.
- **6. Closing reflection:** Gather in a circle, share final thoughts, and end with a karakia or waiata.

# Part 2: Optional Hangi Experience – Sharing Kai

#### **Materials Needed:**

- A small model of a hangi pit (or pictures)
- Ingredients for a setting-friendly hangi (e.g., vegetables, chicken, kumara)
- Foil and a slow cooker (alternative to an earth oven)
- Plates and utensils

## **Activity Steps:**

Introduce the hangi as a special cultural activity that whânau can choose to join. Set up a hangi learning station nearby or earlier in the day:

- Show pictures or a model of a hangi pit.
- Tamariki help prepare vegetables and wrap them in foil.
- Use a slow cooker to simulate the cooking process.

During the shared kai time, offer the hangi food as an optional addition to the main meal.

Use this moment to talk about how food brings people together and the importance of communal meals in Māori and Pacific cultures.