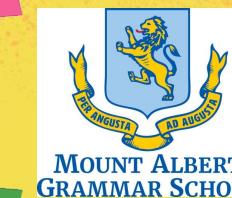


Tuia Ki Tawhiti Conference 2026



Making Junior Health

Fun

&

Meaningful

Practical Resources and
Approaches for Years 9–10

Kia Ora Koutou !

Meet your Presenters

Aarleah Ufton – Tangaroa



Holly Abraham



Why Junior Health Matters

Identity • Wellbeing •
Relationships • Belonging •
Confidence • Consent •
Communication • Resilience •
Respect • Hauora • Ownership •
Knowledge • Decision-making •
Leadership • Values • Advocacy •
Self-esteem • Critical Thinking •
Manaakitanga •
Whanaungatanga • Culture •
Diversity • Safety • Understanding
• Connection • Growth

**Its is the study of life! and
crucial for development.**

What challenges do we face in health?

- Limited allocated teaching time (most schools having 1–2 hours of allocated time).
- Student absences creating big gaps in learning.
- Creating meaningful programmes rather than disconnected lessons.
- Disconnection from student learning to retained knowledge.
- Time constraints for planning and resource making.

What we've learned...

Relationships

Students learn best when they feel safe and connected – **we ALL know this!** These relationships also come from responsive / adaptive planning.

Curriculum

Strong programmes build relevance and progression. **With the new curriculum coming in**, we aim to transfer these activities over.

Engagement

Well planned Interactive learning increases participation and ownership. Interactive learning should not be a one off thing, more of something that is implemented often.

IN TODAY'S WORKSHOP, WE WILL...

Explore how thoughtful activity design, and engaging learning experiences can help bring Junior Health to life

Share resources that we implement in our practice to make junior health more engaging and meaningful

Discuss resources we implement in your own practice – and share your kete of knowledge with others!

DISCLAIMER

- You may already do these things!
- Some of these resources can be adapted to multiple contexts.
- We hope that you can walk away with at least **ONE** new idea!

NUTRITION BINGO

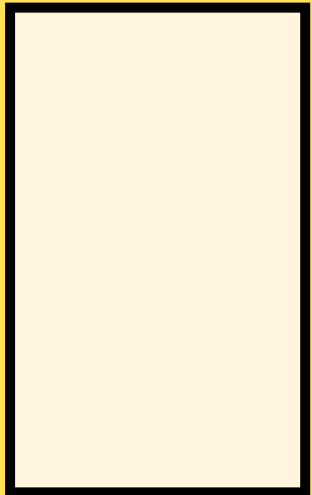
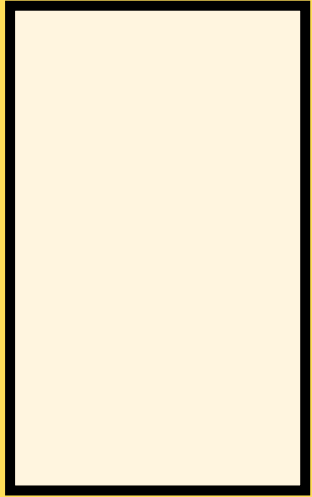
FIND SOMEONE WHO!

Find someone WHO!

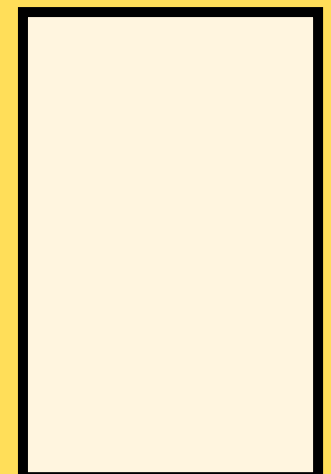
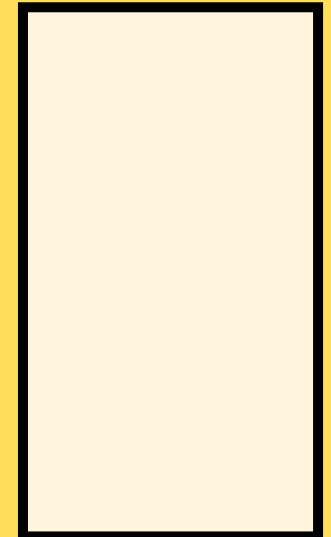
Circulate the room and try to find someone who can say 'yes' to one (or more) of the following items.

Who has put down a hangi or an umu? Name:	Whose mum cooks all their meals? Name:	Who loves chocolate? Name:
Who can make a curry? Name:	Who has never eaten sushi? Name:	Who has had a barbecue at the beach? Name:
Who can name three protein-rich foods? Name:	Who can sing the jingle to a food ad on TV and also name an advertisement? Name: Advertisement:	Who eats (almost) every evening meal with their family. Name:
Who has never had an energy drink? Name:	Who drinks 6 glasses of water a day? Name:	Who has the same favourite food as you? Name:
Who knows how to read a food label? Name:	Who eats breakfast every day? Name:	Who refuses to eat a particular food? Name:

DRUGS DOMINOES



For young people aged 15 to 17 years, the safest option is to delay drinking for as long as possible.	How much pure alcohol is in one standard drink?
10mL	How old do you have to be to purchase alcohol in NZ?





WORD ASSOCIATION



Word Association Game

Word:

Word:

Word:

PASS THE PEN

Write 1 answer linked to the category up on the board - then pass the pen back to someone in your group.

1 30 second group brainstorm

2 1 minute to get all your answers (1 at a time)

3 Any answers that are the same as other groups = deleted

IMPOSTER

Resilience

Resilience

IMPOSTER

Resilience



DRUGS MIX AND MATCH

Match the drug with the definition.

??????

A painkiller (analgesic) used for mild to moderate pain. Some low-dose forms are available over the counter, but higher doses require a prescription.



5-4-3-2-1 OR Beep!



Bus Stop Brain Dump

**PHYSICAL
WELL BEING**

**NAUGHTS AND
CROSSES (X / O)**

**SOCIAL
WELL BEING**

JEOPARDY

Y10 – Navigating the Journey
(example)



SCAN ME

Make your own on
<https://jeopardylabs.com/>

SCAN ME



ARTICLE:

1. What do you think this Article is about

ARTICLE TITLE:

2. Choose 10 words from the slide / whiteboard that you **predict** are going to be in this Article. When reading the article, cross off any words that you see. If you get a line of correct words - you win BINGO!

- 3.

Article Bingo

With a chosen article related to your topic, create a fun literacy based bingo !

***instructions within the book**

I have! who has?

RELATIONSHIPS AND SEXUALITY DEFINITION GAME...

I have: Condom

Who has an infection that can be passed through sexual contact?

I have: STI

Who has a common bacterial STI that can often have no symptoms?

Literacy based activities

Word, Sentence,
Paragraph

W S P

.....

Present students with three (less/more) questions. They provide a one word, one sentence and paragraph answer for each.

Could be provided in a graphic organiser or to note in their books from whiteboard.

Retrieval
Placemat

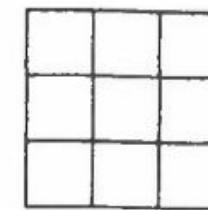


.....

Project a series of tasks / questions (e.g. discuss with a buddy, list key words) on a slide with time limit for students to recall key information.

Encourage to do without notes.

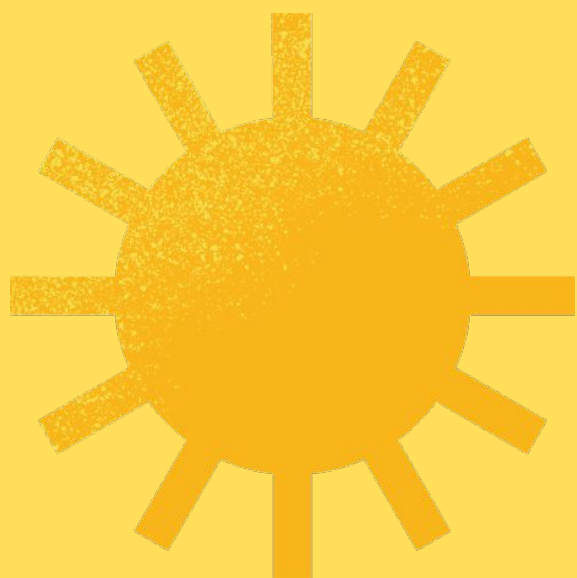
Retrieval
/ Challenge Grid



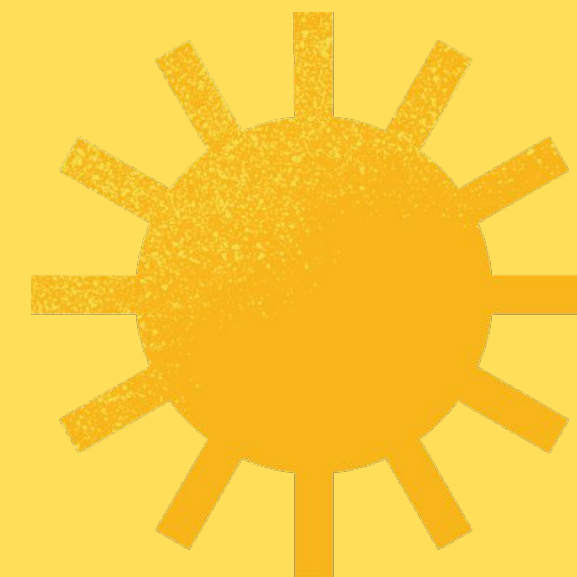
.....

Provide students with a grid similar to a bingo card with a variety of tasks varying in difficulty. Each column could focus on a different topic, lesson, week etc.

Challenge version : add differentiated points to tasks of varying difficulty



Resource making:



Remember when making these resources

1

Ai is a tool, and
your best friend in
resource making.

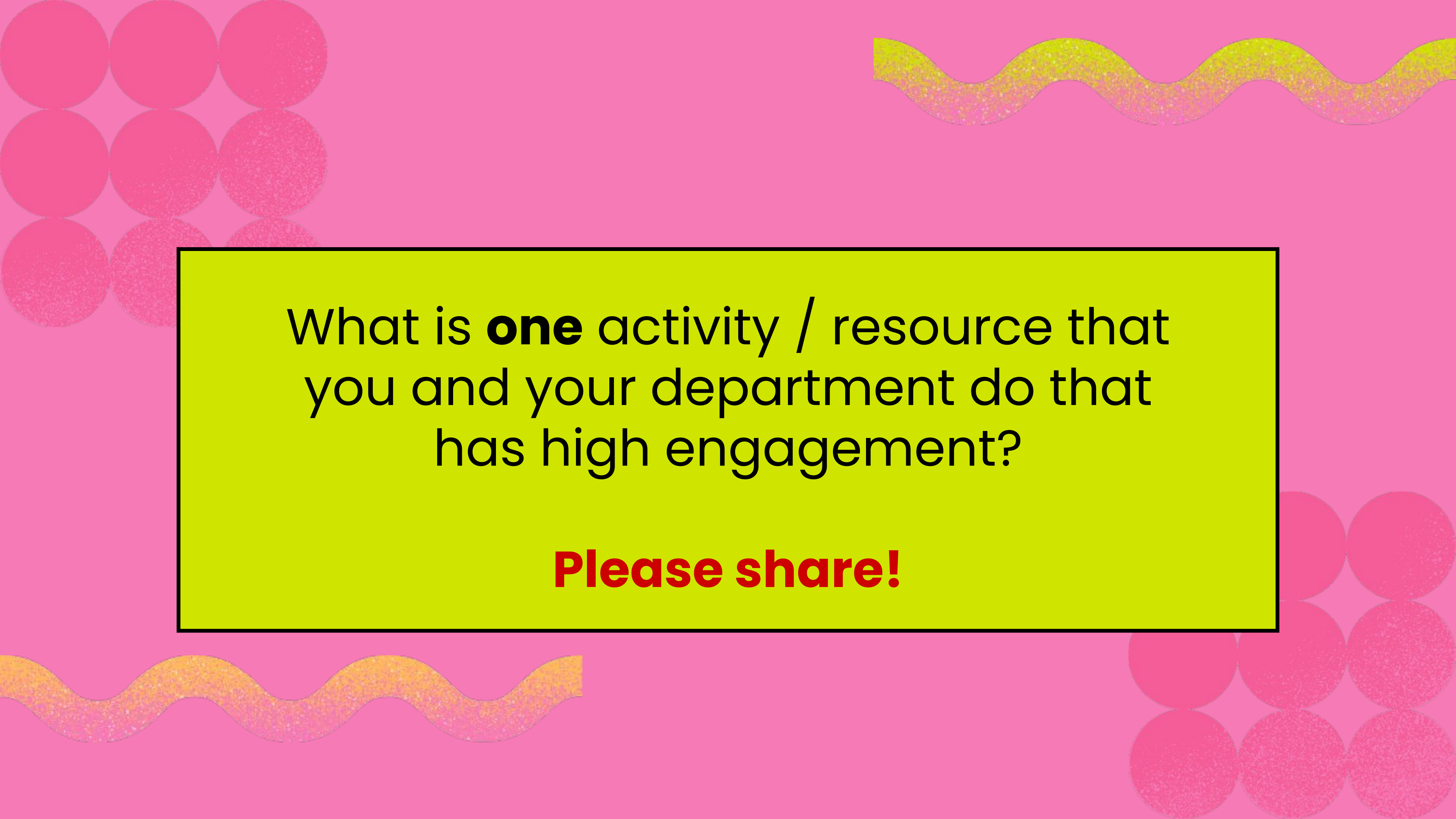
2

Laminating
resources go a
longgggg way

3

We know **resource making takes time**,
but the **learning advantages are worth it!**





What is **one** activity / resource that
you and your department do that
has high engagement?

Please share!



Any Pātai?

The background is a solid pink color. In the top-left corner, there is a 3x3 grid of nine pink circles. In the top-right corner, there is a wavy line with a yellow-to-orange gradient. In the bottom-left corner, there is another wavy line with a yellow-to-orange gradient. In the bottom-right corner, there is a 3x3 grid of nine pink circles.

Ngā mihi Kia Koutou

Thank you for joining us in this kōrero
today!