



# BUILDING RESILIENCE THROUGH TE TAIAO

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# ENVIRONMENTAL SCAN

- Observers versus participants
- Impact of Covid
- Less opportunity to make decisions
- Increased mental health presentations
  - anxiety, depression
- Greater social, separation and failure anxiety
- Environmental anxiety ie climate change
- Gen Z and communication and interpersonal skills





# Smart Technology / Screens

- Digital technologies present both benefits and risks to young people
- In NZ schools, students have among the world's highest use of digital devices
- NZ students have the third highest incidence of cyberbullying globally
- Problematic Internet Use (PIU)
- Pediatric myopia has reportedly doubled over the last decade.
- Sleep is particularly important during periods of heightened brain development.



# Ministry Policies

NELPS

<b>OBJECTIVE 1</b> <b>LEARNERS AT THE CENTRE</b> Learners with their whānau are at the centre of education	<b>OBJECTIVE 2</b> <b>BARRIER FREE ACCESS</b> Great education opportunities and outcomes are within reach for every learner	<b>OBJECTIVE 3</b> <b>QUALITY TEACHING AND LEADERSHIP</b> Quality teaching and leadership make the difference for learners and their whānau	<b>OBJECTIVE 4</b> <b>FUTURE OF LEARNING AND WORK</b> Learning that is relevant to the lives of New Zealanders today and throughout their lives
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Ka Hikitia

<b>TE WHĀNAU</b> <b>Education provision responds to learners within the context of their whānau.</b> We will support Māori learners and their whānau to be informed and demanding decision-makers, with high expectations of our education services. We will also support Māori learners and their whānau to plan and pursue the education pathways that they aspire to.	<b>TE TANGATA</b> <b>Māori are free from racism, discrimination and stigma in education.</b> Māori learners and whānau have identified racism as a major barrier in our education system. We will address this, provide equitable access to services, and in ways that promote fairness and are respectful and culturally appropriate, so that Māori learners and their whānau have a strong sense of belonging.	<b>TE KANORAUTANGA</b> <b>Māori are diverse and need to be understood in the context of their diverse aspirations and lived experiences.</b> Our education services will recognise and provide for Māori diversity. Our education workforce will have the right skills and capacity to support all Māori learners, including those with disabilities and learning support needs, to achieve excellent outcomes.	<b>TE TUAKIRITANGA</b> <b>Identity, language and culture matter for Māori learners.</b> Our education services will support the growth and development of the Māori language. We will support the identity, language and culture of Māori learners and their whānau to strengthen belonging, engagement and achievement as Māori so that Māori learners can actively participate in te ao Māori, Aotearoa and the wider world.
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Child and Youth Wellbeing Strategy

CHILDREN and YOUNG PEOPLE...

... are LOVED, SAFE and NURTURED

... have WHAT they NEED

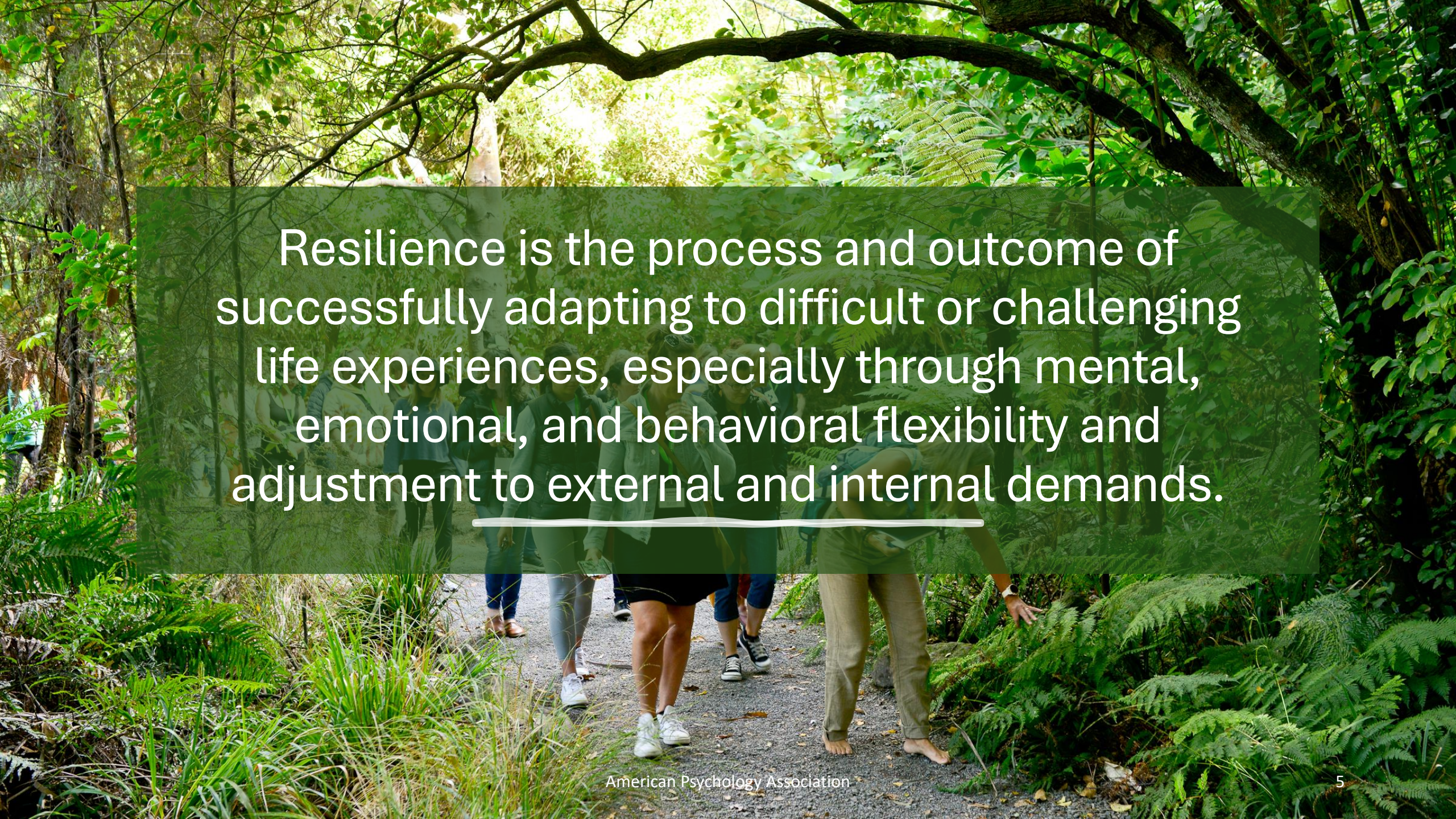
... are HAPPY and HEALTHY

... are LEARNING and DEVELOPING

... are ACCEPTED, RESPECTED and CONNECTED

... are INVOLVED and EMPOWERED.



A group of people are walking along a gravel path in a lush, green forest. The path is surrounded by dense foliage, including ferns and tall grasses. A large, semi-transparent green rectangular box is overlaid on the upper half of the image, containing white text. The text defines resilience as the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Below the text, a thin white horizontal line is visible. The background shows the lower legs and feet of several people walking away from the camera on the path.

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.



# RESILIENCE

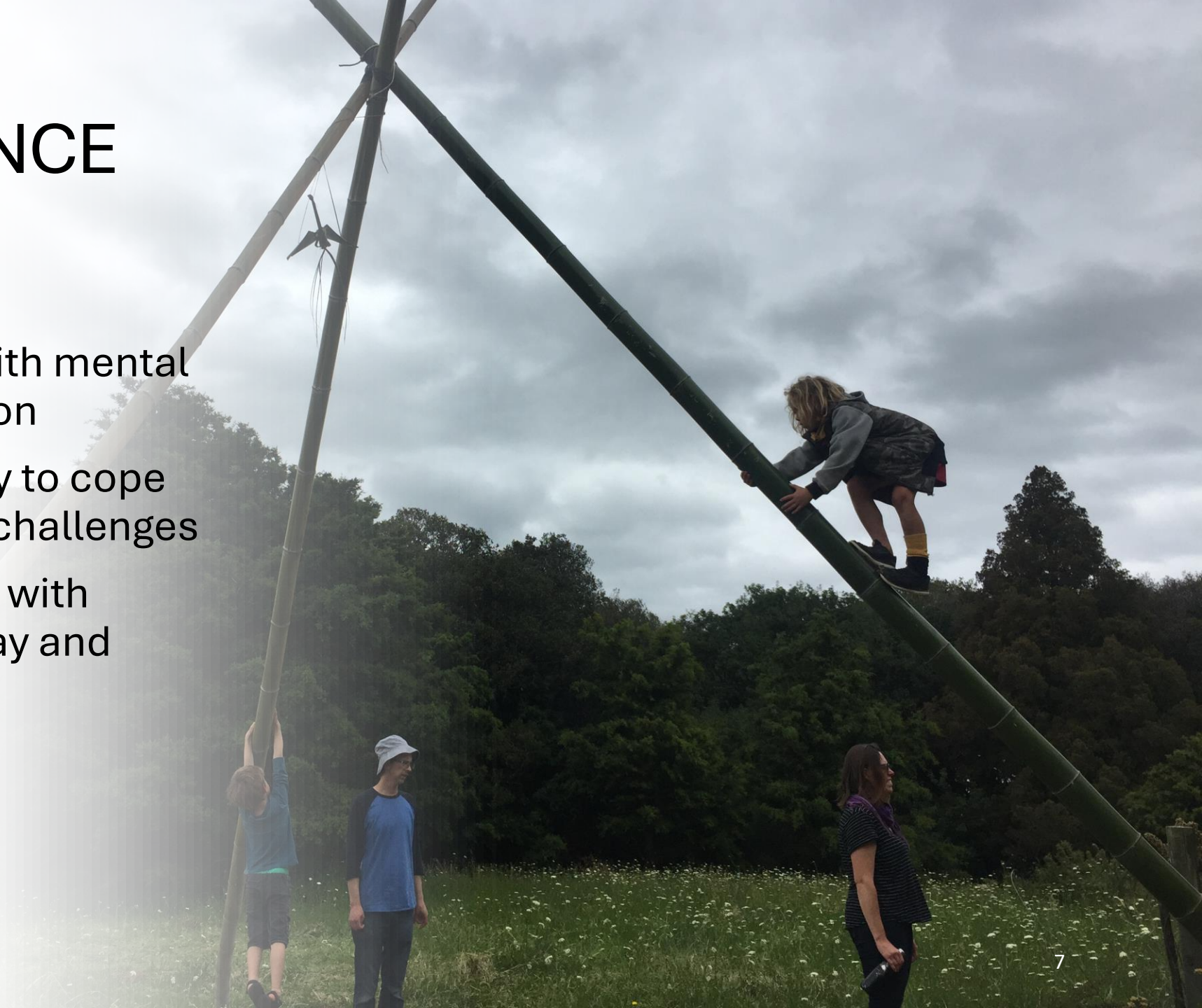
- Not born with resilience
- Need to have experiences
- Stress on the body
- Resilience doesn't protect us from stress





# WHY IS RESILIENCE IMPORTANT?

- Develops skills to deal with mental health, anxiety, depression
- Supports students' ability to cope with change, hardships, challenges
- Enables students to deal with problems in a positive way and cope with the outcome
- Builds self-efficacy





# HOW TE TAIAO CAN BE USED TO DEVELOP RESILIENCE

- Opportunities to problem-solve, make decisions
- 1st person experiences
- Build self-confidence
- Develop mastery
- More opportunities for autonomy
- Collaborate and communicate with others
- Be on the same level - no assessment in te taiao
- Supports key competency development
- Develop adaptive thinking
- Develop a sense of identity and who they are
- Build empathy through interaction with others





# Te Whare Tapa Whā

**Taha wairua**  
Spiritual

**Taha hinengaro**  
Mental & emotional

**Taha tinana**  
Physical

**Taha whānau**  
Family & social



**Whenua**  
Land, roots



A photograph of two people swimming in a river. The river is surrounded by dense, lush green vegetation on the banks. The water is a murky green color. The two people are in the foreground, swimming towards the camera. They are both smiling and appear to be enjoying the activity. The person on the left is wearing a white shirt, and the person on the right is wearing a blue shirt. The background is filled with various types of trees and plants, creating a dense forest-like environment.

# TAHA TINANA: PHYSICAL WELL-BEING

- Don't need to have high-risk activities
- Build an understanding of personal ability
- Recognition of physicality and empowerment with achievement
- See failure as growth
- Making personal choices to support healthy lifestyle



# TAHA HINENGARO: MENTAL & EMOTIONAL WELL-BEING

- Work through a process to succeed and deal with change
- Understanding how stress impacts the body
- Repetition develops self confidence
- Adaptive thinking and a growth mindset
- Problem solving
- More experiences the more resilience
- Making decisions
- Being mindful and empathetic





# TAHA WHĀNAU: SOCIAL WELL-BEING

- Interpersonal skills to build relationships
- Work through experiences/ issues with others
- Building skills to deal with social anxiety
- Changing behaviors around technology
- Coming together with others to achieve experiences or make decisions





A photograph of two children, a girl and a boy, standing on a large, mossy rock in the foreground. The girl is on the left, wearing a pink and black patterned shirt and red sneakers, holding a black and white stuffed dog. The boy is on the right, wearing a yellow hoodie and grey shorts, looking down at something in his hands. They are standing on a large, dark, mossy rock. In the background, there is a calm body of water reflecting the sky, with a rocky shoreline and trees on the left and a distant island or headland on the right. The sky is blue with some light clouds.

# TAHA WAIRUA: SPIRITUAL WELL-BEING

## WHAKATAUKI

- **He purapura i ruia mai i Rangiātea e kore e ngaro**
- A seed sown in Rangiātea will never be lost



# TAHA WAIRUA: SPIRITUAL WELL-BEING

- Develops personal growth and efficacy
- Developing a connection with te taiao
- Creates a sense of belonging
- Reflection
- Future focus and direction
- Time for self
- Time to be in and around nature





# WHENUA: LAND/ROOTS

- Regular visits to local spaces
- Connection to te taiao
- Building personal capabilities
- Purakau to develop a sense of belonging





Explicit opportunities  
to build resilience  
within your  
programme





