

Movin' March Learning Resource

Week 2: Connecting

Teacher Resource

The theme for Week 2 in Movin' March is:

Mā raro, mā wīra rānei nā te mea...ka hono ahau!
I walk or wheel because it makes me feel connected!

Here are 3 activities you could do with your class this week to support students' participation in Movin' March. The purpose of these activities is to help them understand that by walking and wheeling to school, they can feel better connected with their friends, family, neighbours, animals, and nature.

Discussion:

Discuss how 'active journeys' help you to connect to your neighbourhood, to the people within your community, and create a sense of belonging to the area that you live in. Who do you go with? Can you walk with friends? Do you talk with your whānau? Who do you see/meet/greet along the way? Do you say hello to your neighbours? What is familiar to you on your journey? Do you have certain animals that you like to see or trees you like to play in, or gardens you like to admire? Discuss how it feels when you can stop to chat to friends, or pat your friend's dog, or smell some flowers, along the way. Is it important to have these connections with friends, family, neighbours, animals, and nature? How does it make you feel?

Connect with Nature:

Take your class to a quiet area where they can be surrounded by nature, for example, under some trees. Get students to find their own space ("sitting spot") and try to stay silent for 5 to ten minutes. Encourage them to take deep breaths and try to focus on what is around them: Ask them to notice ...

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste.

Or for a simpler version- what can you see, hear, or smell, both close- up and far away?

Discuss with a friend or in small groups, what you noticed. How do you feel now?

Optional: Follow this up by letting students create a drawing, a poem, a song, or dance.

See [Resources and Activities](#) for more weekly themes and complementary resources.

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Student Resource

Role-play:

Purpose: to experience making connections with people, animals, nature around you.

- You will need the role-play character cards (see next page).
- You will need 5 bikes and 5 scooters.
- Print out, cut, and distribute one character card to each student in your class.
- Ideally you would want half the class as “students” and the other half as “neighbourhood” to do the role-play, then swap, so all get a turn in both categories.
- Take them outside to the playground/field and designate an area as “the school”.
- Encourage all characters to spread themselves out, read their card and start acting out their role.
- The “students” leave home and start their journey to “school”. They must try to interact and connect with as many other people along the way- both neighbours and other students.
- Once they are at the “school”, they must remember all the different people, animals, and things they saw along the way. They need to work out the starting letter of each person they saw, unscramble the letters to make the word: connecting.
- Other options: They may collect points per person or gather information from them, such as their name or get a stamp or sticker.

C for cat	C
O for old person	O
N for neighbour	N
N for neighbour	N
E for e-bike or e-scooter	E
C for cat	C
T for tree	T
I for insect	I
N for neighbour	N
G for Gardener Or G for garden	G

Useful links:

- [Resources and Activities](#) from Greater Wellington’s Getting to school website
- [Active Travel Action](#) – Greater Wellington and Enviroschools: See 2:3 Increasing the Mauri of my community (p53)
- [Seasonal Slideshows](#) from New Zealand Association for Environmental Education (NZAEE) or check other resources on their [website](#)
- [Te Whare Tapa Wha](#) – Sparklers: Taha Tinana (physical/body), Taha Hinengaro (mind)

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Role play Character cards:

15 students and 15 things in the neighbourhood

You are a student walking to school. Notice all the people, animals, and nature on your journey.	
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You are a student walking to school. Notice all the people, animals, and nature on your journey.	
You are a student scootering to school. Notice all the people, animals, and nature on your journey.	
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You are a student scootering to school. Notice all the people, animals, and nature on your journey.	
You are a student biking to school. Notice all the people, animals, and nature on your journey.	
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You are a neighbour watering your garden. You say "hello" to people going past.	
You are a cat, enjoying the morning sun. You miaow at people going past.	
You are a tall tree standing proudly, as you have for many years.	
You wave gently in the breeze to people walking or wheeling past.	
You are a neighbour walking your dog. You say "hello" to people going past.	
You are an old person hobbling along the footpath with a walking stick.	
You are a cat, out for your morning stroll. You follow people going past, for a little bit.	
You are on an e-bike or e-scooter, riding along the road towards students, away from school.	
You are an insect, flying around, minding your own business.	
You are a neighbour putting out your recycling bin. You nod or wave to people going past.	
You are a gardener, tending to your vegetable garden. You wave to people going past.	
If you have more people: collectively you are a garden: eg: flowers, plants, bushes, trees.	