

Use the Wellbeing / Mana Atua strand in Te Whāriki

A suggestion for implementing the strategy
'Create an inclusive learning environment'
from the Guide: [Allergies and learning](#)

Includes:

- Raise awareness through play
- Read picture books
- Use images
- Use songs
- Involve your learners
- Useful resources

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Use the Wellbeing / Mana Atua strand in Te Whāriki](#)

Date

01 September 2025

Link

inclusive.tki.org.nz/guides/allergies-and-learning/use-the-wellbeingmana-atua-strand-in-te-whariki

Raise awareness through play

Learning opportunities to create awareness of, and promote safety for, all allergies

Learning Outcomes	Potential learning context and activities
Keeping themselves healthy and caring for themselves te oranga nui	<ul style="list-style-type: none">• Importance of washing hands before preparing and eating food• Keeping food to eating areas• Knowing 'safe' foods• Show pictures of foods that are 'unsafe' for some children• Model reading food labels• Importance of not sharing food as it can be 'unsafe' for other children• Knowing what food is 'safe' to eat if you have a food allergy• Knowing who to go to for help• Talking about things that keep you safe e.g. medic-alert bracelet• Some children need to take medicines to keep them from becoming unwell
Managing themselves and expressing their feelings and needs te whakahua whakaaro	<ul style="list-style-type: none">• Using pictures and images to identify and show a teacher how you are feeling• Role play saying "No" to food that is unsafe• Role play to support children to talk about their allergies• Role play being at a restaurant and asking for an allergy safe menu• Pretend to grocery shop for safe foods• Talk about, and show pictures of, common things that can cause allergies• Demonstrate words like 'itchy' and 'tingly' that relate to allergy symptoms• Sharing with others special medical items e.g. epipen
Keeping themselves and others safe from harm te noho haumarū.	<ul style="list-style-type: none">• Learning the importance of not sharing food with others• Foods that are healthy for most people can make some people very sick• Role play what it might look like if their friend becomes sick• How to look after my friends

Source:

Ministry of Education

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Read picture books

Four-year-old Thai learns about food allergies by reading his allergy book.

Books available from [My Food Allergy Friends website](#).



Video hosted on Youtube <http://youtu.be/uVUkxmgSyLY>

No captions or transcript

Source:

[Jackie Nevard \(AUS\)](#)

https://www.youtube.com/channel/UCwf4Lv1Ep3_LZCVojgpoRow

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Use images

This short video, aimed at preschool children, uses simple images to reinforce safety messages for children with food allergies.



Video hosted on Youtube <http://youtu.be/cVtM-c6gotA>

No captions or transcript

Source:

[Jackie Nevard \(AUS\)](#)

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Use songs

The Wiggles sing about the effects of allergies.



Video hosted on Youtube http://youtu.be/9jRU_35kPrY

No captions or transcript

Source:

[The Wiggles](#)

https://www.youtube.com/watch?v=9jRU_35kPrY

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Involve your learners



Source:

Polyhigh Community Childcare Centre, Jayne Byrne

<https://www.polyhigh.co.nz/kiwi-newsletter-may-june-2017/>

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Useful resources



Principles, strands, goals, and learning outcomes

The principles and an overview of the goals and learning outcomes for each of the five strands in Te Whāriki.

[Visit website](#)



Allergy-free play dough recipes

A variety of allergen-free play dough recipes suitable for children with gluten, dairy, and soy allergies.

Publisher: American College of Allergy, Asthma & Immunology

[Visit website](#)



Starting kindy with food allergies

A range of resources for early childhood educators, children, and parents to support an understanding of food allergies.

Publisher: My Food Allergy Friends

[Visit website](#)

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