

Inclusive Education

From

Guide: [Allergies and learning](#)

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

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

Date

25 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/use-the-wellbeingmana-atua-strand-in-te-whariki](https://inclusive.tki.org.nz/guides/allergies-and-learning/use-the-wellbeingmana-atua-strand-in-te-whariki)

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

Source:

Ministry of Education

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