

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Foster wellbeing and mental health](#)

Suggestion: [Teach relaxation techniques](#)

Date

06 June 2026

Link

inclusive.tki.org.nz/guides/behaviour-and-learning/teach-relaxation-techniques

Use Hikitia te hā

Hikitia te hā is a set of traditional Māori breathing and mindfulness sequences available from the Sparklers website.



Video hosted on Youtube <http://youtu.be/TlvltQo3Ynk>

Closed Captions

Source:

[Hikitia te hā, Sparklers](#)

<https://sparklers.org.nz/activities/hikitia-te-h%C4%81-traditional-mindful-breathing/>

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