

# Useful resources



## Kōwhiri Whakapae

Kōwhiri Whakapae is a tool based on Te Whāriki, the Early Childhood Curriculum. It includes examples of culturally sustaining ways to develop social and emotional awareness, regulation and spiritual connectedness.

[Visit website](#)



## Understanding social and emotional learning

Resources to support social and emotional learning. Includes Ata and Oho cards and activities.

[Visit website](#)



## He Māpuna te Tamaiti

Resources to help teachers support social and emotional competence in early learning.

[Visit website](#)



## Sparklers website

Collection of resources for students and teachers to help grow ākongā wellbeing and emotional literacy. Can be filtered by topic, competency, activity type and Te Whare Tapa Whā.

Publisher: Sparklers

[Visit website](#)

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## Kei Whea A Mauri Tau

Resource for parents and teachers to read to tamariki aged 6 to 8 years to help them learn about connecting with themselves, others and the environment and how to respond to their emotions.

Publisher: He Paiaka Tōtara

[Visit website](#)



## Get ready to learn

Australian booklet with 39 activities to develop interoception and self-regulation.

Publisher: Education Services Australia

[Visit website](#)

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