



Brain Breaks

Teaching and learning needs to be inspiring, engaging, and motivating. Whether you are working with a junior class or with seniors, ākongā need to take a break from learning to continue to focus and be productive. Here are some short activities that aim to stimulate collaboration and creativity. Give them a try with your class to re-energise and to keep your ākongā focused on their learning.

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Imaginary Volleyball

1. This is a pairs activity.
2. Imagine you and your partner are playing volleyball.
3. Act out hitting the ball to each other.
4. Sometimes the ball flies high, sometimes it flies low, and you may need to really reach for it!
5. Don't let it touch the ground!

One-Three-Two

1. This is a pairs activity.
2. Each pair stands face-to-face.
3. Using the right foot first, they tap each other's foot once. Using the left, they tap each other's left foot three times. Lastly, they tap each other's right foot again, twice.
4. They repeat this again, starting with the left once, the right three times and the left again twice.
5. Continue like this for 1 – 2 minutes.

1. This is a group activity.
2. Ask students “Would you rather?” questions such as, “Would you rather eat boil-up or hāngī?”, “Would you rather live by the sea or by the forest?”, or “Would you rather wear a school uniform or mufti?”
3. Students find partners who have a different opinion to theirs and discuss why they prefer one to the other.
4. Allow students time to talk about their ideas.
5. Bring students back together and then pose a new question.

Guess Who?

1. This is a group activity.
2. Everyone thinks of two interesting facts about themselves and writes them on a piece of paper.
3. Collect the papers, mix them up, then hand them out randomly to everyone in class.
4. Students read the paper and try to guess who the person is.

The Meeting House

1. This is a group activity.
2. It is based on the “Hang Man” activity.
3. Think of a word, and draw enough lines on a board indicating the number of letters in the word.
4. Students call out letters of the alphabet that might be in the word.
5. If correct, the letter is written on one of the lines. If incorrect, draw the first line of the “meeting house”.
6. Continue like this until either the meeting house is completed, or the word has been guessed!

1. This is a pairs activity.
2. Give each student a card with a word on it.
3. Each student takes turns in their pairs to act out the word that is on their card for their partner.
4. Once their partner has guessed the word correctly, they take their turn to act out their word.
5. If there is time available, let students select another word.

Word by Word

1. This is a group activity.
2. Use a short song, or poem, that students already know well.
3. Begin reciting the words of the song/poem.
4. Students say ONE word each of the song/poem until it is finished.
5. For example: “Tūtira mai”
Student 1: “Tūtira”
Student 2: “mai”
Student 3: “ngā”
Student 4: “iwi”
Student 5: “auē!”

Throw the Dice

1. This is a group activity.
2. Students sit in a circle.
3. The first student throws the dice and says the number.
4. The second student throws the dice, says the first student's number and adds theirs.
5. Continue like this until everyone has had a turn.
6. For example:
Student 1: “Six”
Student 2: “Six, three”
Student 3: “Six, three, two”

Whisper to Me

1. This is a group activity.
2. Students sit in a circle.
3. The teacher whispers something to the student at their side (left or right).
4. The student remembers it, recalls it and whispers it to the next student.
5. The whisper continues until it returns to the teacher.
6. Use sounds of letters, syllables or simple words to start with before moving to short sentences. For example: “K – k – kete”; “K – k – kete kōwhai”.

Whakaarhia

1. He mahi takirua tēnei.
2. Tohaina he kāri kupu ki ia ākongā.
3. Mā tētahi o te takirua te kupu kei tana kāri e whakaari hei whiriwhiri mā tōna hoa.
4. Kia whiriwhirhia rā anōtia e te hoa te kupu, ka riro māna e whakaari te kupu kei tana kāri.
5. Mēnā he wā e wātea tonu ana, tukua ngā ākongā kia whiriwhiri i tētahi anō kupu.

Piua te Mataono

1. He mahi ā-rōpū tēnei.
2. Ka noho porowhita ngā ākongā.
3. Ka piua e te ākongā tuatahi te mataono, ka karanga ai i te nama.
4. Ka piua e te ākongā tuarua te mataono, ka karanga ai i te nama a te ākongā tuatahi, ā, ka tāpiri i tana ake nama.
5. Kia pēnei tonu te haere kia tutuki i te katoa.
6. Hei tauira:
Ākongā 1: “Ono”
Ākongā 2: “Ono, toru”
Ākongā 3: “Ono, toru, rua”

Pao! Pao!

1. He mahi ā-rōpū tēnei.
2. Whakamahia he waiata poto, he rotarota rānei, e mōhio kētia ana e ngā ākongā.
3. Kia tīmata te taki i ngā kupu o te waiata/rotarota.
4. Mā ia ākongā TĒTAHI kupu o te waiata/rotarota e whakahua kia tae rā anō ki te mutunga.
5. Hei tauira: “Tūtira mai”
Ākongā 1: “Tūtira”
Ākongā 2: “mai”
Ākongā 3: “ngā”
Ākongā 4: “iwi”
Ākongā 5: “auē!”

Te Mirimiri Haere

1. He mahi ā-rōpū tēnei.
2. Me tū porohita te rōpū, e anga atu ai ki te tuarā o tētahi atu.
3. Me whakarongo, me waiata rānei i tētahi waiata, ā, kia 1 – 2 meneti te roa o te āta mirimiri a tēnā i te tuarā o tēnā i mua i a ia.
4. Ka huri te katoa, ā, ka 1 – 2 meneti anō te roa o te mirimiri i te tuarā o tētahi atu.
5. Aaa! Kia pai mai hoki!

Ko Tēhea kē rānei?

1. He mahi ā-rōpū tēnei.
2. Tukuna ētahi pātai “Ko tēhea kē rānei?” ki ngā ākongā, pēnei i te “Ko tēhea kē rānei te kai reka ake ki a koe: ko te kōhua kai, ko te hāngī rānei?”, “Ko tēhea kē rānei te wāhi noho pai ake ki a koe: ko te taha moana, ko te ngahere rānei?”, “Ko tēhea kē rānei: ko te mau kaka kura ōrite, ko te mau kaka noa rānei?”
3. Ka kimi ngā ākongā i tētahi hoa e rerekē ana ngā whakautu i āna, ka matapaki ai i ngā take i pai ake ai tētahi i tētahi.
4. Me whai wā ngā āko
5. Whakakotahitia anō ngā ākongā, ka tuku ai i tētahi pātai hou.

Ko Wai Tēnei?

1. He mahi ā-rōpū tēnei.
2. Tonoa ngā ākongā kia whakaarohia ētahi meka pārekareka e rua mō rātou anō, ā, ka tuhia ki tētahi pepa.
3. Kohia ngā pepa, tīrangorangohia, ka tohaina atu ai ki ngā ākongā katoa.
4. Ka pānui ngā ākongā i ngā pepa, ka whiriwhiri ai i te ākongā nāna ērā meka.

Te Poirewa Pohewa

1. He mahi takirua tēnei.
2. Me pohewa e tākaro poirewa ana kōrua ko tō hoa.
3. Whakaarhia ngā momo patunga o te pōro.
4. I ētahi wā ka rere arorangi te pōro, i ētahi wā ka heke ki raro, ākene me kaha whātoro tō tinana!
5. Kaua e tukua kia tau ki te papa!

Whakahihikotia!

Me wana, me hihiri hoki te ako me te whakaako. Ahakoa teina mai, ahakoa tuakana mai rānei, me whai wāhi ngā ākongā ki ētahi ngohe whakahihiko e arotahi tonu ai, e whaihua tonu ai ngā mahi. Anei ētahi ngohe poto e hua ake ai ko te mahi tahi, ko te auaha hoki o te whakaaro. Whakamātauria i tō akomanga e hihiko anō ai ō ākongā, e arotahi tonu ai hoki ki ā rātou mahi ako.



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Kia Kōhimuhimu mai

1. He mahi ā-rōpū tēnei.
2. Ka noho porowhita ngā ākongā.
3. Ka kōhimuhimu te kaiako i tētahi kōrero ki te ākongā i tōna taha (te taha matau, te taha mauī rānei).
4. Ka maumaharitia e te ākongā, ka tīkina, ka kōhimuhimu atu ai ki te ākongā i tōna taha.
5. Ka rere tonu te kōhimuhimu kia hoki rā anō ki te kaiako.
6. Whakamahia ngā oro pū, ngā kūoro, ngā kupu auau rānei i te tīmatanga i mua i te koke ki ngā rerenga poto. Hei tauira: “K – k – kete”; “K – k – kete kōwhai”.

Te Wharenuī

1. He mahi ā-rōpū tēnei.
2. Ka ahu mai i te ngohe o “Hang Man”.
3. Whakaarohia he kupu, ā, tuhia ētahi rārangi ki te papamā e hāngai ana ki te nui o ngā pū i te kupu.
4. Ka karangahia e ngā ākongā tētahi pū o te arapū kei roto pea i te kupu.
5. Ki te tika te whiringa, ka tuhia te pū ki tētahi o ngā rārangi. Ki te kore e tika, ka tāngia te rārangi tuatahi o te “wharenuī”.
6. Me pēnei tonu te haere kia oti te wharenuī te hanga, te kupu rānei te whiriwhiri!

Tahi-Toru-Rua

1. He mahi takirua tēnei.
2. Ka tū ā-kanohi-ki-te-kanohi ia takirua.
3. Mā te whakamahi i te waewae matau, kia kotahi te papakinga o ngā waewae. Mā te whakamahi i te waewae mauī, kia toru ngā papakinga. Hei whakamutu atu, kia rua anō ngā papakinga o ngā waewae matau.
4. Ka pēnei anō te tokorua, engari ka tīmata ki te waewae mauī, ka toru ki te waewae matau, ā, ka rua anō ki te waewae mauī.
5. Kia pēnei tonu te haere mō te 1 – 2 meneti.