

Wellbeing at Playcentre



Utilising the Mental Health Foundation of New Zealand's 'Five Ways to Wellbeing' toolkit can be good way for Centres to examine their culture of wellbeing. The Foundation created a checklist of five actions that are important for the wellbeing of individuals, whānau, communities and organisations. As a team, why not reflect on the following questions...

Give tukua

- Is there a culture of good work being acknowledged and is appreciation expressed formally and informally?
- How do we support whānau with new babies? What about those going through difficult times?
- Do we foster emergent leadership?

Connect me whakawhanaunga

- Is there respect?
- Are there systems in place for managing interpersonal conflicts?
- Do we know the name and stories of our iwi, hapu, maunga and awa of the place we live?
- Do we hold social nights to connect our whānau and foster a strong relationship?

Keep learning me ako tonu

- Are training and education opportunities offered and encouraged?
- Are kaiako provided with opportunities to learn new skills?
- Do we know the languages of our whānau? E korero ki a koe Māori? Parlez-vous français? Talar pu islensku?

Take notice me aro tonu

- Is our Centre a pleasant work environment?
- Do we begin meetings with a karakia (prayer) or short reflection (eg, an inspiring quote) followed by a brief silent period, allowing people to breathe mindfully and bring their full attention into the room.

Be aware me kori tonu

- Are our people encouraged and able to move around safely?
- Are we inclusive of everyone?
- Are there opportunities to support people to exercise – for example, bike racks outside for whānau to bike to Centre?

References:

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