

NZEI Report

October 2022

1. YOUR NAME
Kim Thomson

2. THE TITLE OF YOUR PROPOSAL AND ITS PURPOSE

SHARING THE MAGIC OF YOGA



Empowering tamariki to care for their wellbeing through yoga and connecting with whānau for the learning to flourish.

The purpose of this project is to strengthen my knowledge of teaching yoga to tamariki; implement my new knowledge; and create a flow of learning between kindergarten and home. With the pressures of life, equipping tamariki with the tools they can carry with them and empowering families to support this is a strong part of my teaching philosophy. I have a hope that the flow on effect of sharing the knowledge can continue to grow and flourish supporting strong, resilient, empowered members of society who can navigate life's challenges.

3. AN OUTLINE OF PROGRESS SINCE MILESTONE REPORT

Taking Action & Checking

- Completed *Rainbow Yoga Teacher Training*.
- Planned and implemented a programme for Term 3 based upon reflections from Term 2.
- Invited whānau into kindergarten to share in yoga sessions with tamariki.
- Implemented yoga sessions, continuing to reflect and adjust and invited tamariki to take a Rangatira role in this.
- Attend workshops at the Yoga Festival in Napier to be immersed in learning with like-minded adults. Created connections with others and reflected on this experience and how it adds value to this project.
- Continued to collect feedback from whānau.
- Continued to record video diary entries.
- Gathered the voice of tamariki, as they are assessing their own learning and display at kindergarten.
- Planned and actioned whānau hui to celebrate and share the WHY, HOW and the learning from this project.

Thank you for the opportunity to shape our local curriculum in ways that will benefit tamariki in the community. I have gained so much knowledge through this experience and have made some positive impacts this year, inspiring others along the way! It was wonderful when we were able to invite whānau into kindergarten to join in the yoga sessions, this was a highlight for all of us! I apologise for not being able to follow through the last part of my project (information sharing), as I will be committed to a new role in a few weeks' time.