

## Low cost and local Outdoor Education ideas, activities and resources.

This document will be continuously developed. Please email feedback and additions to [kaiārahi@eonz.org.nz](mailto:kaiārahi@eonz.org.nz)

Units/themes	Resources, descriptions.
Haerenga/ Journey	<p>A haerenga (journey) can be a powerful way to learn about and connect with local places. Exploring the footsteps of those gone before us and visiting/learning about significant places helps develop a deeper connection to our place, it also gives the chance to link together the skills and knowledge that have been developed in the class.</p> <p>There are many ways to incorporate mātauranga Māori (Māori knowledge) into a haerenga, such as pūrakau (stories), marae noho, service, waiata, karakia, connecting to place, kaitiakitanga, learning/sharing Māori history of the places on the haerenga, bringing in whanau and community, building connections with iwi and hapū.</p> <p>With a haerenga students can develop their knowledge and skills throughout the term/year and work towards the planning, knowledge and skill acquisition. They could even make some of the equipment they need for this such as stoves, backpacks, hoe/paddles, clothing, kai etc. See example of <a href="#">‘Less is More’ camp</a></p> <p>A haerenga could be quite simple for younger year levels and longer with more aspects to it for older year levels, it could have a range of ages with the older ones guiding the younger ones. For really young ages it may be a day trip to visit a significant area/site.</p> <p>For some questions to ask when planning click here <a href="#">Planning a Haerenga/Jounrey</a></p> <p>EONZ interviews with schools sharing their haerenga <a href="https://eonz.org.nz/resourcespublications/classroom-curriculum-and-assessment/haerenga-journeys/">https://eonz.org.nz/resourcespublications/classroom-curriculum-and-assessment/haerenga-journeys/</a></p> <p>EONZ video: Schools sharing junior Outdoor Education - see example at 43 mins from Kristen School ‘Less is More’ Camp.</p> <p>See here for great Māori explorers in your region <a href="https://teara.govt.nz/en/nga-waewae-tapu-maori-exploration">https://teara.govt.nz/en/nga-waewae-tapu-maori-exploration</a> it’s a great starting point with names and locations and from here students can research further. Some may whakapapa back to the explorers and have whanau that can share stories with the class. It’s a great chance to also connect with local iwi and hapū and see if</p>

	<p>they're willing to share stories and/or be part of the haerenga. Check out the library for books about local history.</p> <p>Ngai Tahu cultural mapping project. This project is dedicated to mapping the traditional place names and associated stories within the Ngāi Tahu rohe. <a href="https://www.kahurumanu.co.nz/">https://www.kahurumanu.co.nz/</a></p> <p>Understanding names of places <a href="#">Tiki Towns</a> (series of place name pronunciation and their meaning)</p> <p>There are some amazing resources here (print and laminate maps for your classrooms).</p> <p><a href="https://www.linz.govt.nz/regulatory/place-names/about-new-zealand-geographic-board/nzgb-place-name-maps-and-publications">https://www.linz.govt.nz/regulatory/place-names/about-new-zealand-geographic-board/nzgb-place-name-maps-and-publications</a></p> <p>See docs</p> <ul style="list-style-type: none"> <li>- Index of names <a href="#">Te Ika-a-Māui</a>, <a href="#">Te Waipounamu</a></li> <li>- <a href="#">Ngā Tohu Pūmahara, The Survey Pegs of the Past, Understanding Māori Place Names</a></li> </ul> <p>This is a really interesting watch 'What's in a name' presented by Matt Matahaere as a keynote at the EOTC conference 2020 <a href="#">EONZ EOTC Conference 2020: Dunedin Keynote</a></p>
<p>Kaitiakitanga Sustainability</p>	<p>NZAAE have some incredible resources on their website. <a href="https://www.nzaee.org.nz/">https://www.nzaee.org.nz/</a></p> <p><a href="#">Tiwaiwaka</a> - Ka ora te whenua, ka ora te tangata. When the land is well, the people are well. <a href="https://www.youtube.com/shorts/bBZsgqyV4dI">https://www.youtube.com/shorts/bBZsgqyV4dI</a></p> <p><a href="#">Me Tū ā-Uru</a> - for a flourishing and abundant environment</p> <p>Community conservation groups: <a href="#">Community conservation groups: Volunteer</a></p> <p>More great resources <a href="#">Nature: New Zealand Department of Conservation Te Papa Atawhai</a></p> <ul style="list-style-type: none"> <li>- What is in our local area, what is happening in our local area and what can we do for our local area.</li> </ul> <p>Pest Control - if you get in touch with your local council or environmental groups they should have some suggestions on how your class/school could be part of this.</p>

	<p>i.e It may be possible to set a trapping line within close distance of the school that the school/class is in charge of.</p> <p><a href="#">Pūtātara</a> - Resources that you and your learners will find helpful in teaching and learning about sustainability</p> <p><a href="#">Papataiao</a> - What is near you.</p> <p><b>Unit standards linking to this include 19671, 6141: <a href="#">Māori Environmental Practices</a> (all schools have CTA this domain to level 3)</b></p> <p><b>Unit standards linking to this include 32847, 28510: <a href="#">Te Ao Tūroa</a></b> (must apply for CTA with support from hapū/iwi)</p> <p>Assessment material available for the above standards as part of EONZ consortium.</p>
<p>Giving back Service</p>	<p>What can we do for our community, our environment, our people, our hapū/iwi?</p>
<p>Raranga</p>	<p>Raranga/Weaving and Crafting</p> <p>See this awesome resource from Land care research with all the different types of Harakeke and their uses</p> <p><a href="https://www.landcareresearch.co.nz/tools-and-resources/collections/new-zealand-flax-collections/flax-cultivars/">https://www.landcareresearch.co.nz/tools-and-resources/collections/new-zealand-flax-collections/flax-cultivars/</a></p> <p>Is there a Pā Harakeke near you to visit?</p> <p>What knowledge do we have within our class or community? Students in the class may have good knowledge around rāranga or they may have whanau members that are willing to share knowledge with the class.</p> <p>Search on google or facebook for community raranga groups.</p> <p>What can we make that we could use within Outdoor Education? Rope to tie up a fly, kete to carry equipment in, sun hats, so many options.</p> <p>Check out these awesome videos by Ominae at craft lab <a href="#">Craftlab Nz</a>.</p> <p>This book fun with flax <a href="#">Fun with Flax: 50 Projects for Beginners by Mick Pendergrast</a></p> <p>Could link in raranga unit standards</p>

	<p><b>Field - Māori, Sub-field - Nga mahi a te Whare Pora, Domain - Raranga</b> (need to apply for CTA for level 3 if you do not have). Level 1 and 2 most schools have CTA</p> <ul style="list-style-type: none"> <li>- <a href="#">Domain - Raranga</a></li> <li>- <a href="#">NZQA Assessment materials</a></li> </ul>
<p>Seed collection and propagation</p>	<p>Learn how to collect and grow native seedlings, an ongoing project as students move through the years at school. Once established systems in place and seedlings are growing well, they can be planted back into local regeneration projects.</p> <p>Seed collecting guide - <a href="#">He Kākano</a></p> <p>Stuff article - <a href="#">How to grow native plants from seed</a></p> <p>The post article - <a href="#">How to collect and sow native plant seeds</a></p> <p>DOC</p> <ul style="list-style-type: none"> <li>- <a href="#">Calendar for seed collecting</a></li> <li>- <a href="#">Seed collection and propagation guide for native trees and shrubs</a></li> </ul>
<p>Outdoor Gear Design</p>	<p>This can be done in many different contexts, linking in with technology departments or bringing technology into the classroom.</p> <p>Assessment material for 22015 available as part of EONZ consortium.</p> <p>And an adapted version for younger year groups which could be a great lead up unit for school camp. <a href="#">Design and Construct Outdoor Equipment</a></p> <p>Check out this video on how to make a paddle from scrap wood <a href="#">Junk Paddle: How to make a canoe paddle from junk</a></p> <p>This is also another cool watch <a href="#">Junk Cabin: Secretly building my wife a COVID office</a></p>
<p>Food/Kai</p>	<p>Exploring kai that could be made at school and be taken on a trip</p> <p><a href="#">Reka Season 1</a> - venison jerky</p> <p><a href="#">Anakiwa Flapjacks</a></p> <p><a href="#">Eating with a conscience</a>: Home Economics Achievement Standard 2.4 linked into Outdoor Education. Assessment material, resources and lesson ideas.</p> <p><a href="#">Sustainable food on camp - Suggested Lesson Ideas</a> This is aimed at Years 7-10. Adapt to the level of your class.</p> <p>Hunting and gathering (what can we eat in the bush, what did Māori used to eat, how was kai traditionally stored, could we make traditional kai or traditional kai storage). Who in our community has knowledge they could share with us</p>

	<ul style="list-style-type: none"> <li>- <a href="#">Salt n Pepper Hiko</a></li> <li>- <a href="#">Traditional Māori kai gathering</a></li> </ul> <p>Cooking on Fire (see fire theme)</p> <p>Nutrition (looking at how to fuel properly in the outdoors)</p> <p>Master chef competitions for certain themes, i.e nutrition, on the fire, ease to cook outdoors, random ingredients, low cost, etc.</p>
Whittling	<p>Celia Hogan - <a href="#">Fire and Knives</a></p> <p>Knife Safety - Omine from Craftlab <a href="#">Video</a> and <a href="#">PDF</a></p> <p><a href="#">Knife safety</a></p> <p><a href="#">Teaching Children to Whittle with Pocket Knives</a> - Younger students (ECE, Primary)</p> <p><a href="#">Ray Mears - Cutting with a Knife, Bushcraft Survival</a> - Older students (secondary).</p> <p><a href="#">Spoonng</a> Making spoons with green wood, interesting interveiw.</p> <p>Making spoons with bamboo is very simple! Split a piece of bamboo in half, draw shape of a spoon on it, whittle it into shape going with the grain.</p>
Survival	<p><a href="#">Survive Aotearoa</a> Amazing series incorporating survival and mātauranga Māori</p> <p>Tie in your own 'urban' survival unit based. Learn the skills and then put it all into practice on a local adventure. Could include any of the following</p> <ul style="list-style-type: none"> <li>- 'Amazing Race'</li> <li>- Learning local knowledge</li> <li>- Making own equipment in the lead up to this (i.e bag, rope, tent pegs)</li> <li>- Cooking with minimal ingredients</li> <li>- Start and finish at school</li> <li>- Camp back at school or somewhere close by</li> <li>- Raft building</li> <li>- Cook-off</li> <li>-</li> </ul>
Shelter Building	<p><a href="#">10 Survival Shelter Setups in Under 10 Minutes: Oilcloth Tarp, Lean To, Plow Point, A Frame</a></p>
Fires	<p>Pūrākau of Māui and Mahuika</p> <p><a href="https://www.youtube.com/watch?v=QPJ_00A8mnQ">https://www.youtube.com/watch?v=QPJ_00A8mnQ</a></p> <p><a href="https://www.youtube.com/watch?v=l3H5dnJ9g74">https://www.youtube.com/watch?v=l3H5dnJ9g74</a></p> <p><a href="https://www.youtube.com/watch?v=801yhLF1PKM">https://www.youtube.com/watch?v=801yhLF1PKM</a></p>

	<p><a href="#">Tihei Taiao</a> - episode 3 - Kaikomako</p> <p><a href="#">Friction Fires</a> - Omine from Craftlab.</p> <p>Make a fire nest/tinder bundle. Try to get it going using a flint and steel  <a href="#">How to Make a Tinder Bundle</a></p> <p>Lighting Fires  <a href="#">Ray Mears - How to Light a Fire, Bushcraft Survival</a></p> <p><b>Fire safety considerations to come</b></p> <hr/> <p>Cooking on fires  <a href="#">Ray Mears - How to bake bread in the outdoors, Wild Food</a></p> <p><a href="#">4 Types of Cooking On A Campfire - Boil it, Bake it, Fry It, Grill It Over the fire. - Dan Wowak</a></p> <p><a href="#">Dutch Oven Cinnamon Buns</a></p> <p>Do's and don'ts of camp fire cooking  <a href="#">The Do's and Don'ts of Open Fire Cooking - Camping Cooking</a></p> <p><a href="#">Fire &amp; Cooking</a></p>
Manu Taratahi	How to make a <a href="#">Manu Taratahi - Kite</a>
Rongoā	<p>What is Rongoā - <a href="https://titokieducation.co.nz/rongoa-maori-handbook/">https://titokieducation.co.nz/rongoa-maori-handbook/</a></p> <p><a href="https://www.youtube.com/watch?v=-MOtY38Shfk&amp;t=17s">https://www.youtube.com/watch?v=-MOtY38Shfk&amp;t=17s</a></p> <p><a href="#">Tihei Taiao</a></p> <p>Here are some simple Rongoa remedies with easy to identify plants. Watch the Intro video first to get an overview and an understanding of some of the tikanga.</p> <p>Māori healing and herbal - <a href="#">Murdoch Riley</a></p>
Class bucket list	<p>Use this and make a bucket list with class at start of the year</p> <p><a href="https://www.doc.govt.nz/get-involved/conservation-activities/50-things-to-do/">https://www.doc.govt.nz/get-involved/conservation-activities/50-things-to-do/</a></p>
Māori Tourism	<p>Unit Standards could link in with local providers, events, experiences. Particularly, tikanga (17786) , karakia (17784) and importance of Māori place names (31070).</p> <p><b>Field - Māori, Sub-field - Tourism Māori, Domain - Tourism Māori Practices</b> (all schools have CTA this domain at level 3)</p>

	<p>Unit Standards: <u>Domain - Tourism Māori Practices</u></p> <p>Assessment Material: <u>Tourism Māori :: NZQA</u></p>
Weather	<p><a href="#">How to Make Weather Instruments (with Pictures)</a></p>
Birds and Insects	<p><b>Unit standards linking to this include 15990, 15991: <a href="#">Māori Environmental Practices</a> (all schools have CTA this domain to level 3)</b>  Assessment material available as part of EONZ consortium.</p> <ul style="list-style-type: none"> <li>● <a href="#">Home page   New Zealand Birds Online</a></li> <li>● <a href="#">Birds   Maori Myths</a></li> <li>● Māori Bird Lore - Murdoch Riley (local library or purchase)</li> <li>● Fight for the wild: <a href="https://www.rnz.co.nz/programmes/fight-for-the-wild">https://www.rnz.co.nz/programmes/fight-for-the-wild</a></li> <li>● <a href="https://teara.govt.nz/en/large-forest-birds">https://teara.govt.nz/en/large-forest-birds</a></li> <li>● <a href="https://teara.govt.nz/en/land-birds-overview">https://teara.govt.nz/en/land-birds-overview</a></li> <li>● <a href="https://www.nzbirds.com/birds/index.html">https://www.nzbirds.com/birds/index.html</a></li> <li>● <a href="https://nzetc.victoria.ac.nz/tm/scholarly/tei-BesFore-t1-body-d2-d6-d12.html#t1-body-d2-d6-d12-x85-pb1">https://nzetc.victoria.ac.nz/tm/scholarly/tei-BesFore-t1-body-d2-d6-d12.html#t1-body-d2-d6-d12-x85-pb1</a></li> <li>● <a href="https://www.doc.govt.nz/nature/native-animals/birds/birds-a-z/">https://www.doc.govt.nz/nature/native-animals/birds/birds-a-z/</a></li> <li>● <a href="https://www.doc.govt.nz/nature/native-animals/invertebrates/">https://www.doc.govt.nz/nature/native-animals/invertebrates/</a></li> <li>● <a href="https://teara.govt.nz/en/te-aitanga-pepeke-the-insect-world">https://teara.govt.nz/en/te-aitanga-pepeke-the-insect-world</a></li> <li>● <a href="https://teara.govt.nz/en/insects-overview/page-1">https://teara.govt.nz/en/insects-overview/page-1</a></li> <li>● <a href="https://www.jstor.org/stable/20703320">https://www.jstor.org/stable/20703320</a></li> <li>● <a href="https://www.landcareresearch.co.nz/tools-and-resources/education/all-about-insects/">https://www.landcareresearch.co.nz/tools-and-resources/education/all-about-insects/</a></li> <li>● <a href="https://www.jps.auckland.ac.nz/document//Volume_61_1952/Volume_61%2C_No._1_%2B_2/The_insect_people_of_the_Maori%2C_by_David_Miller%2C_p_1-61/p1">https://www.jps.auckland.ac.nz/document//Volume_61_1952/Volume_61%2C_No._1_%2B_2/The_insect_people_of_the_Maori%2C_by_David_Miller%2C_p_1-61/p1</a></li> </ul>
Atua	<p><b>Unit standards linking to this include 19671, 15976: <a href="#">Māori Environmental Practices</a> (all schools have CTA this domain to level 3)</b>  Assessment material available as part of EONZ consortium.</p> <ul style="list-style-type: none"> <li>● <a href="#">Backyard Atua Matua.pdf</a></li> <li>● Tāmaki Makaurau - The Māori History and Legends of The Waitakere Ranges: <i>Diamond, John &amp; Hayward, Bruce</i></li> <li>● Ngai Tahu <a href="#">Teacher Resources</a></li> <li>● <a href="#">Pūrākau on Te Poutāhū</a></li> <li>● <a href="#">Pūrākau from the old TKI site</a></li> </ul>

	<ul style="list-style-type: none"> <li>● <a href="#">Tauranga Moana</a> <ul style="list-style-type: none"> <li>- <a href="#">Ngai Te Rangi education resource</a></li> <li>- <a href="#">Ngati Ranginui</a></li> <li>- <a href="#">Ngati Ranginui</a> app</li> </ul> </li> <li>● Te Arawa stories – <a href="#">He pātaka pūrākau</a></li> <li>● <a href="#">Mātauranga Ngati Awa</a></li> <li>● <a href="#">Ngāti Kuia Education</a></li> <li>● <a href="https://akolearningresources.co.nz/collections/resource-library-atua-books-and-posters">https://akolearningresources.co.nz/collections/resource-library-atua-books-and-posters</a></li> <li>● <a href="https://toitangata.co.nz/our-mahi/atua-matua/">https://toitangata.co.nz/our-mahi/atua-matua/</a></li> <li>● <a href="https://www.atuamatua.co.nz/home">https://www.atuamatua.co.nz/home</a></li> <li>● <a href="https://en.wikipedia.org/wiki/List_of_M%C4%81ori_deities">https://en.wikipedia.org/wiki/List_of_M%C4%81ori_deities</a></li> <li>● <a href="https://www.thepoiroom.co.nz/products/atua-maori-gods-and-heros-by-gavin-bishop">https://www.thepoiroom.co.nz/products/atua-maori-gods-and-heros-by-gavin-bishop</a></li> <li>● <a href="https://www.awawahine.com/shop/p/atua-wahine-collection">https://www.awawahine.com/shop/p/atua-wahine-collection</a></li> </ul>
Water Safety	<p>Explore different bodies of water and range of environments within our region, look at how we as a school and/or community are setting young people up for a future where they are water competent. How can we connect with these places, how can we recreate in these places, how can we look after these places.</p> <ul style="list-style-type: none"> <li>- <a href="#">15 water competencies</a></li> <li>- Te Ao Māori perspective of water safety. <a href="#">Article</a></li> <li>- Research project: <a href="#">Tangaroa Ara Rau: Tangaroa, The atua of human movement.</a></li> <li>- <a href="https://kmko.nz/wai-puna">https://kmko.nz/wai-puna</a></li> <li>- <a href="https://www.dpanz.org.nz/e-learning/">https://www.dpanz.org.nz/e-learning/</a></li> <li>- <a href="#">Water safety education in range of environments viable tool to reduce drownings</a></li> <li>- <a href="#">Does a combined swimming pool and open water education programme for children develop adaptable water safety competencies?</a></li> </ul>