



# My wellbeing/oranga chart

Use this fun sticker chart to achieve your goals!



My name/  
Toku ingoa:

Monday  
Mane

Tuesday  
Turei

Wednesday  
Wenerei

Thursday  
Taite

Friday  
Paraire

Saturday  
Rāhoroi

Sunday  
Rātapu

Reward/  
Ko te koha:

My goal/  
whāinga:

Place  
sticker  
here

Well done/Ka pai!

My goal/  
whāinga:

Well done/Ka pai!

My goal/  
whāinga:

Well done/Ka pai!

Please turn over for information on how to use the chart and to find free stickers.

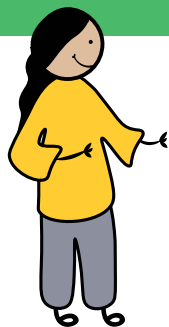
Helping Kiwi families create healthy lifestyles



Te Aka Whai Ora  
Māori Health Authority

Te Whatu Ora  
Health New Zealand

# Using your child's wellbeing/oranga chart



This wellbeing/oranga chart will support you and your child to create healthy goals and work towards achieving them.

To help your child achieve and maintain a healthy weight choose goals that focus on three important areas: eating, moving and sleeping. Here are some ideas to help you.

## Eat/kai



For a child to develop and grow they need to eat healthy foods.

A goal could be to:

- eat breakfast every day
- eat two different kinds of fruit every day
- drink water or milk every day.

## Move/korikori



Being active has benefits not just for health and can be fun for the whole family/whānau.

A goal could be to:

- play outside every day
- limit screen time to less than one hour a day.

## Sleep/moe



Sleep helps your child to restore their energy and is important for their growth and development.

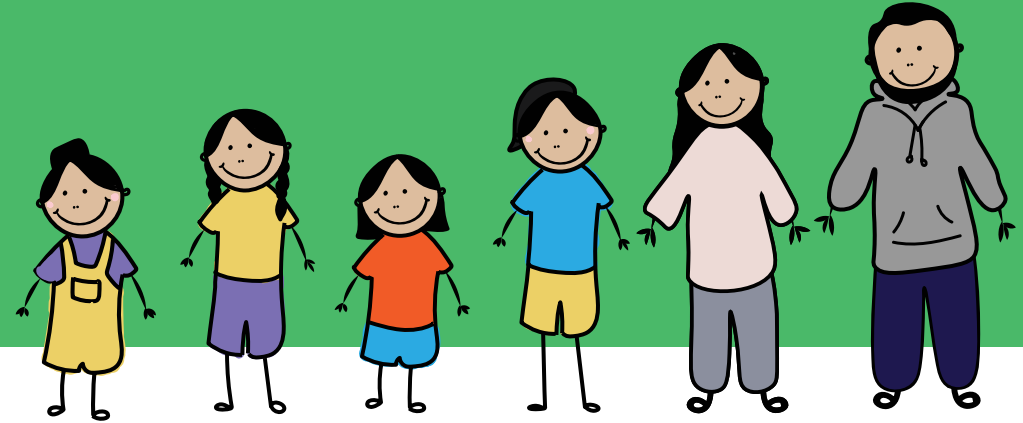
A goal could be to:

- go to bed at the same time each evening
- read a story before bed each night.

For great ideas on goals and tips go to: [healthykids.org.nz](http://healthykids.org.nz)



# Supporting parents to set goals



This wellbeing/oranga chart will support parents and their children to create healthy goals and work towards achieving them.

If the family/whānau isn't familiar with using sticker charts, let them know to:

- talk with their child about what goals they would like to try
- encourage them to agree together how long they want to focus on each goal
- celebrate their child's achievements with a sticker each day they succeed
- reward their child for achieving their goals.

It's important to talk to parents about how healthy eating, being active, and sleeping well all affect a child's health and well-being. Use this chart to help parents and their children (aged under five years) choose one or more goals to work on.

Support parents to talk with their child about setting wellbeing/oranga goals. Include the whole family/whānau in setting a goal for a behaviour they can accomplish every day. Encourage the family/whānau to think about how they might achieve their goal.

Examples include:

- eat more fruit or vegetables
- eat whole grain bread instead of white
- play outside every day
- follow a bedtime routine each night – such as, bath or shower, brush teeth, story, bed, lights out.

For more ideas on eat, sleep, move and to help parents set goals and rewards go to [healthykids.org.nz](http://healthykids.org.nz)

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