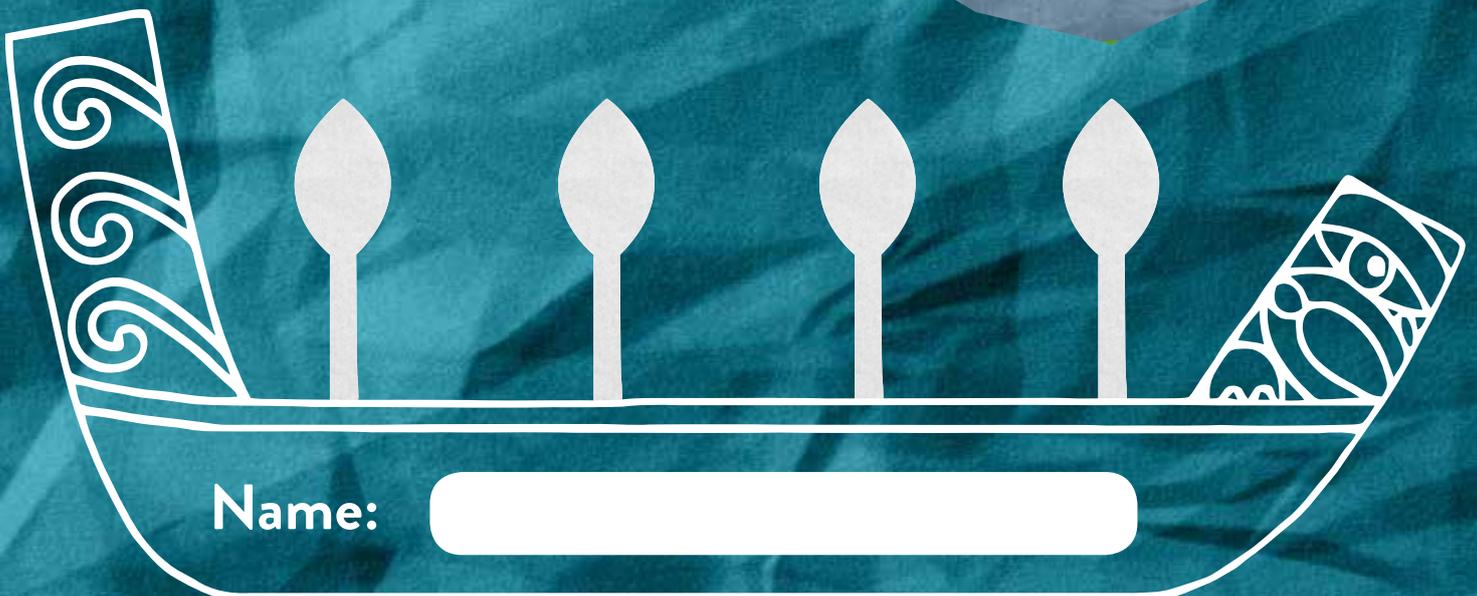


# Kia Mau!

## Extract the Essence

Student Booklet for Recording Thoughts and Learnings from Active Travel Action



Name:

## Kia Mau! Extract the Essence

This tool will help to **identify** and **summarise** the most important parts of each activity.

You will use this information for the activity - **5:2 What are Our Intentions? How are we going to Exercise Our Citizenship Muscles?**

You will reflect on what you have thought about and learned to help you make decisions about what action to take to help increase **active travel** personally or across the school.

### Section 1 - Active Travelling - Connecting In - He Waka Eke Noa

Activity	Thoughts / opinions / learnings / feelings ...
1:1 Can I Make a Difference	<p>If I could what would I like to change in our world?</p> <p>Who could I do this with?</p>
1:2 Everything is Connected	<p>Draw / write an example of something in the natural environment you feel connected to.</p> <p>Explain your connection ....</p>
1:3 Sensory Collage	In my collage I wanted the viewer to ....
1:4 Travelling to School	<p>My favourite way to travel to school would be</p> <p>My least favourite way to travel to school</p> <p>I wonder if ....</p>
1:6 The Benefits of Active Travel	What do you value as the top 3 benefits of active travel?

## Section 2 - Understanding Citizenship - Making a Difference - Kaitiakitanga

2:1 Where do I Belong - have a Voice and can Make a Difference?

Groups I belong to are....

I think a good citizen is someone who....

A group that listens to me or lets me help make decisions about things is....

2:2 What Does Making a Difference Look Like? How Do I Make a Difference?

Draw what a strong citizen would look like with citizenship muscles.

What sorts of things did they do to develop those citizenship muscles?

2:3 Increasing the Mauri of My Community.

Things I do to increase the Mauri of our classroom or of our school.

Some other things I could do to increase the Mauri of our classroom or of our school.

2:4 Finding Examples of Citizenship in Our Communities.

Two examples of how people contribute in groups that surprised me or I thought was interesting.....

1.

2.

## Section 3 - Understanding the Issues - Locally and Globally

### Whakamāramatanga ngā Take

3:1 Why not Active Travel	<p>Summarise what were the major reasons for all whānau not using <b>active travel</b>.</p> <p>Summarise the factors that were causing your whānau not to use <b>active travel</b> and note how <b>strongly</b> your whānau were influenced by them.</p>
3:2 What is the Big Deal about Climate Change?	<p>Summarise what you have learned about climate change and global warming.</p> <p>What are your personal thoughts on it?</p>
3:3 Atua i te Taiao - Using Storytelling and Metaphor to Examine the Issues.	<p>Summarise the effects of carbon emissions on the natural world.</p> <p>Record other groups / people that might be affected by lots of cars at the school gate.</p>
3:4 Motivation - Intrinsic vs Extrinsic	<p>Summarise the difference between intrinsic and extrinsic motivation.</p> <p>Give an example of an effective motivator for you.</p>
3:5 My Motivation for Active Travel	<p>Summarise what are the key reasons or motivators of why you do or do not use <b>active travel</b>.</p>

## Section 4 - Measuring Where, How and Effects of our Travel Choices

### Tātaihia ētahi Haerenga

4:1 How are We All Travelling to School?	What I thought was interesting about the survey results was  1.  2.
4:2 Counting Up Our Carbon Emissions.	Record 3 facts that I have learned through recording my carbon emissions.  1.  2.  3.  I wonder....
4:3 Walkability Checklist	Summarise what the main issues were for discouraging students to <b>active travel</b> to school.
4:4 Map My Journey	Summarise what are the challenges and the benefits for me to <b>active travel</b> to school.
4:5 Comparing Opinions - My Whānau and Me.	Summarise the differences and similarities of opinions that I have with my whānau.

## Section 5 - Exploring the Changes We could Make - the Actions We could Take - Kotahitanga

5:2 What are Our Intentions?

LER 39 Developing our Active Travel Intentions

5:3 Picture Your Vision

Draw what you saw would be the outcomes of your actions in 10 years time.

Draw your picture below:



## LER 39: Developing our Active Travel Intentions

The travel issue I want to address is:

I am motivated by:

My intention:

I want to...

Write your intention as a question to start investigating some possible solutions.

How I can...

Some possible ideas for action I have that would meet my intention are:

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