

PARTICIPATING AND CONTRIBUTING



BELONGING AND INCLUDING

Belonging to a group

When we **belong** to a group, we feel we have a place in it or a right to be part of it. A group of friends, a sports team or people who have something in common like being from the same country or community.



To belong to a group we have to be **included** in it by its other members. When we belong to a group we know that there are others like us on whom we can rely in good times or bad, so it can make use feel more **resilient**.

If people don't feel included in a group, they can feel excluded from it. If they can't find another group to join they might feel lonely, sad or rejected.

Elsie lived in Wellington but recently moved to Auckland and doesn't yet feel that she belongs. Imagine what this might feel like. Try to describe how it feels.

Elsie finds that it helps her to stay connected to her friends and family in Wellington. This makes her feel more confident to be herself when she meets new people in Auckland.

She talks to her friend everyday after school about the new people she is meeting and the new school she is going to.





Elsie feels a bit lonely in Auckland.

Imagine we could hear Elsie's thoughts...

How will I make
new friends?

I don't know what
I'm supposed to do.

Everyone does
things differently
here.

I used to play
softball and I was in the
kapa haka. I don't know
who to talk to about
doing these
things here.

As a group, work out what you would say to Elsie to help her think positively about fitting in and belonging.

Elsie's teacher asked if she would like to introduce herself. Elsie got up the courage:

Kia ora koutou
Ko Poneke ahau
Kei te noho au, kei tamaki makaurau
Ko Mason tōku papa
Ko Mere tōku mama
Ko Fluffy raua ko Snowball taku ngeru
Tēnā koutou katoa

Hello everyone
I am from Wellington
I now live in Auckland
My Dad is Mason
My Mum is Mere
Fluffy and Snowball are my cats
Greetings to you all

What sorts of things could Elsie's class talk to her about now they know a little bit about her?

Are you able to create a pepeha to tell people where you are from?

What would you want people to know about you?

This resource has been kindly reviewed by:

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