

THE

little Big AWARD



Big Brothers Big Sisters
of Nelson-Tasman

Tuakana Teina

The Circle of Courage

*A sense of
community,
loving others,
and being.*

Whanaungatanga

BELONGING

*Competence
in many areas;
cognitive, physical,
social, and spiritual.
Having self-control,
responsibility, striving to
achieve personal goals
rather than superiority.*

Tohungatanga

MASTERY

INDEPENDENCE

*Making one's own
decisions and being
responsible for failure
or success, setting
one's own goals
disciplining
one's
self.*

Mana Motuhake

GENEROSITY

*Looking forward
to being able to
contribute to others,
be able to give
cherished things to
others.*

Atawhai


How it works...

The Little Big Award is based on the *Circle of Courage* values of **Belonging /Whanaungatanga, Independence/ Mana Motuhake, Generosity/ Atawhai** and **Mastery/ Tohungatanga**.

The four directions portray universal human needs and are the foundations for resilience and positive youth development.

Choose two goals from each of the headings of Belonging, Independence and Generosity to complete throughout the year. You will also need to set a goal to Master by the end of the year. You can choose from the suggestions or be creative and think of your own goals. We like you to think BIG!

We will be in contact throughout the year to see how you are going or to help with any ideas or activities that you are struggling with.

The monthly newsletters will also contain activities that may be happening with BBBS Nelson-Tasman or the community that you might like to participate in. Remember to check out our  interest page for ideas!

We want you to share your achievements with us so we can celebrate with you! Take a photo and send it to us- we love seeing what you have been up to!

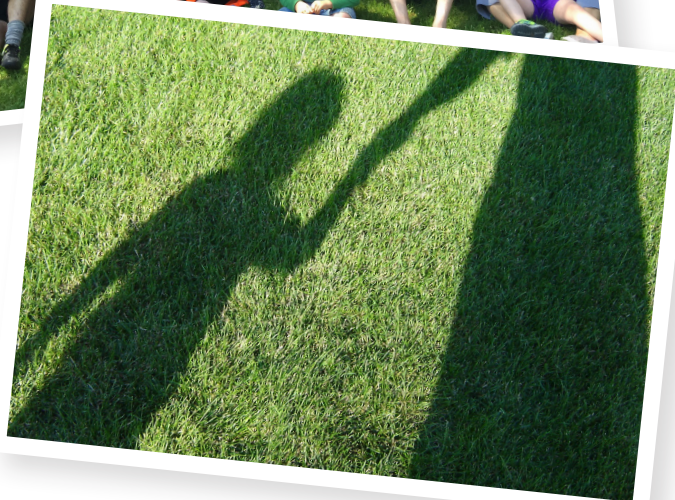
You can also show us your journey through a poster, video, scrapbook, journal or any other creative way you can think of! You will need to have your goals completed by the end of October to receive your certificate and celebration at the end of the year.

Mentor Responsibilities

We appreciate the efforts of all of our mentors and we are aware of the time that you already give to your mentee. We want this to be as easy as possible for your little brother/ sister to achieve within your normal outings where possible. Your role is to encourage and motivate by supporting your little brother/ sister to join in activities or events that help them to reach their goals.

Mentee Responsibilities

To set yourself challenges, have fun, try new things and get involved!



Belonging / Whanaungatanga

The universal longing for human bonds is cultivated by relationships of trust so that the young person can say, "I am loved."

Ideas:

- Design a "belonging tree" or important people in your life or a "family tree"
- Write a story/ make a piece of art about how your family came to New Zealand
- Draw a picture, create a piece of art or write a story or poem about the people that take care of you
- Create a photo album/ scrap book
- Join a club for something that you are interested in i.e. sports team, book club, cubs, scouts, chess club etc.
- Design a Coat of Arms for yourself or recreate your family Coat of Arms

Independence / Mana Motuhake

Free will is cultivated by responsibility so that the young person can say, "I have the power to make decisions."

Ideas:

- Cook a meal on your own/ follow a recipe for baking
- Pack a healthy lunch for your outing
- Learn to swim
- Learn Basic First Aid
- Learn survival/ navigational skills
- Any other hobby that is completely new!

FOR YOUTH:

- Learn to change a tyre
- Gain your driver's licence
- Design a CV
- Participate in Student for a Day with NMIT

Generosity / Atawhai

Character is cultivated by concern for others so that the child can say, "I have a purpose for my life."

Ideas:

- Join a rubbish clean-up day
- Volunteer at a local charity for a day
- Join a community gardens working bee
- Join a tree-planting event
- Spend time cleaning up your local beach/ park
- Help out with a charity street appeal
- Give your time by visiting a rest home

FOR YOUTH:

- Look into volunteer activities with Volunteer Nelson (volunteering is a great way to gain work experience for your CV!)

Mastery / Tohungatanga

The inborn thirst for learning is cultivated; by learning to cope with the world, the child can say, "I can succeed." Choose one thing that you would like to Master by the end of the year. THINK BIG!!

Ideas:

Aim to do something that you couldn't do before i.e...

- Learn to roller skate
- Learn Karate
- Walk to the top of a mountain
- Learn to swim
- Learn all of the times tables
- Learn to ride a bike
- Learn to tie your shoelaces
- Enter a community race e.g. triathlon, run, mountain biking etc
- Horse riding
- Create a piece of art or photography to display at an event/ school/ gallery
- Create a "How to" video
- Do a science experiment and explain how it works
- Build something together e.g. go-kart, picture frame
- Catch, fillet, prepare and cook a fish
- Join a musical production team and perform onstage
- Any other activity that you would like to Master

FOR YOUTH:

- Work experience

www.bigbrothersbigsistersnelson.org.nz

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