



Facilitating a chat about the issues behind the song

E Tū Tāngata is a movement seeking to address the issue of Tall Poppy Syndrome in Aotearoa. We want to raise children who are proud to be themselves, and who lift their peers up, rather than put them down. This song is super catchy and such a great way to introduce this serious topic, and it would be great to unpack the lyrics of the song with the young people you have in your life.

With Preschoolers

- Model positive self-talk. Let them see you speaking about yourself as valuable.
- Lift them up, congratulate them on their efforts, encourage them when they're trying
- Use a mirror to look into and say "I see a valuable person!"
- Help them to include others in play "More friends! More fun!"

With Small Children

- Sing the song and learn the words
- Give them examples of ways people can lift one another up
- Use lyrics from the song as affirmations to repeat. "I have value" "I'm perfect as I am"
- Use the E Tū Tāngata language when addressing issues with children "That didn't sound like lifting up, remember, E Tū Tāngata!"

With Older Kids

- Use the E Tū Tāngata language when addressing issues between children
- Ask them what they think the lyric "These words can hurt, they do more than make a sound" means. If appropriate, ask them to share a time that words have hurt them.
- Pull them up on negative self talk- "Hey! E Tū Tāngata! You have value!"
- Practise lifting one another up verbally, give them examples and help them to give it a go
- If appropriate, have each person share something that they are proud of about themselves, and give other students the opportunity to affirm them. This may need careful facilitation at first, but it can become really powerful

Round THE Dinner Table

- Ask your family to share something from today that they're proud of, don't forget to model by sharing something yourself!
- Ask your family to share an experience of when someone else lifted them up and how it made them feel
- Ask your family to share an experience of when they lifted up someone else, and how doing so made them feel
- Remind them: You are a great kid. You have value. From the day you were born and your whole life through you are valuable.