

PARENT/CAREGIVER HOMEWORK

For the first day of the programme we would like parents/caregivers to have prepared:

1. A letter of love for your child which outlines what you appreciate about them, perhaps a favourite parenting moment or two and a hope for them during their Tōku Ara Journey this year. We would ask that you don't share this information with your child or leave the letter lying around where they may read it. Here are some ideas for sentence starters:

"I just wanted to tell you.... Something that I like about you is.... Thank you for all the times you...."

There will be time for interaction with your child before they set up their dorm. You will be invited to find a spot away from others to present your letter to them. We understand that if you or your child want to open and read this letter after you have departed, let us know and we will organise alone time for them after dinner.

