

Te Pūaha Talks Hauora Wānanga for Matariki

Tuihana Ohia

Karakia tīmatanga

- Hauora mai runga
- Hauora mai raro
- Hauora mai roto
- Hauora mai waho
- Hauora te pūtake o tēnei kaupapa
- Kia pūrangiaho mātou, i te wānanga me te kōrero
- Tenei te titi ake i te pou hauora ki te pūtake o tēnei wānanga
- Tuturu o whiti whakamaua, kia tina, tina, haumie, hui e taiki e

Ko āu

Tuihana Ohia (Ngāi te Rangi, Ngāti Pukenga, Te Arawa, Ngāi Pākehā) has been involved in the design and implementation of a number of significant wellbeing initiatives including Vodafone's Manaaki Support Network and Te Wānanga o Aotearoa's wellbeing programme Tau Ora. Tuihana also facilitated the 2021 wellbeing workshops, Kua haehae ngā hihi o Matariki, The Whare of HauOra, and The Ora of Self for CSI's Kia Whiti Tonu online capability programme.



Mānawatia o Matariki

The rays of Matariki are spread.

He māramatanga tō tēnei whetū, he māramatanga anō tō tērā whetū.

Each star has its own light or presence in the sky.

Everyone is their own person.

% % Mānawatia a Matariki

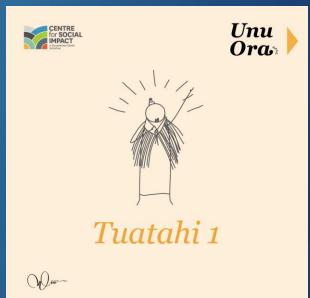
Unu Ora – Tuatahi

- Pūmanawa
- Our Senses

Breakout room question:

- What are your pūmanawa?
- What does hauora, look, feel, smell, taste and sound like to you?





Unu Ora – Tuarua

- Acknowledging our tūpuna
- Our taonga, gifts

Breakout room question: What are the taonga, gifts from your tūpuna?





Unu Ora Tuatoru

Breakout room questions:

What is your greatest contribution to your whānau? What is the greatest skill that you bring to your team?



Unu Ora Tuawha

Breakout room questions:

How do you contribute, give aroha to your whānau, to your mahi, to yourself? How is that aroha, that love

How is that arona, t reciprocated?







Tuawha 4



Te Pūaha o te Ako

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Unu Ora Tuarima

Tongikura

Māku anō e hanga tōku nei whare, ko te tāhūhū he hīnau, ko ngā poupou he māhoe, he patatē. Me whakatupu ki te hua o te rengarenga, me whakapakari ki te hua o te kawariki.

I shall fashion my own house. The support post shall be of māhoe, patatē. The ridgepole of hīnau. The inhabitants shall be raised on rengarenga and nurtured on kawariki. Kiingi Tawhiao

Breakout room questions:

- When I think of this it makes me reflect on what my whare, my house or home of hauora. What does it look like for me? Ahau, mahi, whānau, hauora?
- If you were to fashion your own Whare of Hauora, what would it look, feel, smell, sound and taste like?



Unu Ora Tuaono

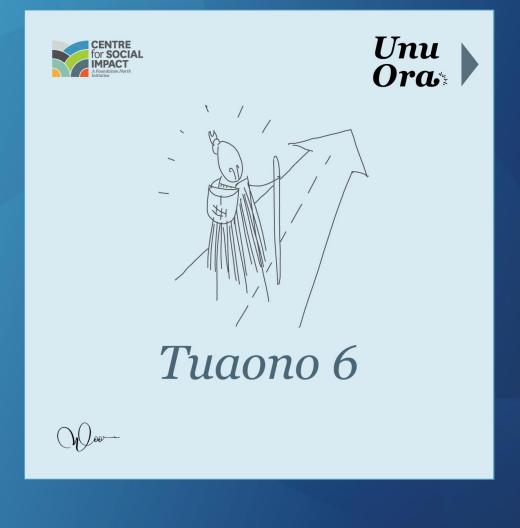
He whāinga:

He aha ngā āhuatanga kei roto i a koe, me pupuru tonu, me tuku, me whakamutu noa atu ?

What will I let go of, take with me, or stop doing.

Breakout room questions:

- We have all had learnings this year. What has or has not served us well?
- My aspirations, my goals for the coming year. What are they?



Karakia whakamutunga

Kia tau, kia tātou katoa

Te atawahi o te tatou Ariki o Ihu Karaiti

Me te Aroha o te Atua

Me te whiwhinga tahitanga

Ki te wairua tapu

Ake ake ake

Amine



Resources

- Instagram: maramataka_in_action Maramataka Māori Living By The Stars, professormatamua
- Facebook: Living by the Stars, Dr Rangi Mataamua
- Websites: <u>https://www.matariki.net.nz/</u>



Te Pūaha Talks

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