

# ***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.



*Te Pūaha o te Ako*

# 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.



*Te Pūaha o te Ako*

# 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?



**Te Pūaha o te Ako**

# Unu Ora – Tuarua

- Acknowledging our tūpuna
- Our taonga, gifts

## Breakout room question:

What are the taonga, gifts from your tūpuna?



**Te Pūaha o te Ako**

# 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?



**Te Pūaha o te Ako**

# 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 reciprocated?



**Te Pūaha o te Ako**



# Unu Ora Tuarima

- Tongikura  
*Māku anō e hanga tōku nei whare, ko te tāhūhū he hīnau, ko ngā pou pou 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?



**Te Pūaha o te Ako**

# 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?



**Te Pūaha o te Ako**

# 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:  
<https://www.matariki.net.nz/>



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# Thank you