

Unu Ora

We have inherited tūpuna-given taonga, gifts. These gifts contribute to our hauora.

Whakataukī:

Ehara taku toa i te toa takitahi engari he toa takitini.

I come with not my own strengths but bring with me, the gifts, talents and strengths of my family, tribe, and ancestors.



Karawhiua:

What are the gifts, taonga that you have been gifted and come from your tūpuna?

Karawhiua

a call to action, to move forward, to forge ahead with your goals, aspirations, to call out and utilise your talents and gifts.

Rongoā:

Do you have a rongoā that you use or have within your whānau? Write this down, share it.



Woo