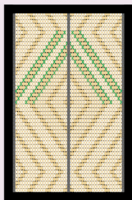


Mauri Oho



The kaokao at the top is pointing up. It glows kakariki, green, like the pou tāhu of Te Whare o Oro in the pukapuka. This a tohu telling us that an activity might help us whakapiki (lift) our mauri. These can help us feel full of energy and strong, or ready to try new things and learn something new.

Mauri Ora Tai Pari

How can we use these cards?

The colourful tukutuku pattern is called a kaokao. This is a tohu for something called, **Mauri Ora Tai Pari**.

Mauri is like an energy that flows through all living things. Mauri connects us to each other, our pets, the ngāhere and everything that is alive.

Mauri moves and flows inside us like the tide at the beach (*tai pari*). When we are at kura, at home, and when we go about our day, our mauri can change because of how we feel and what is happening around us.

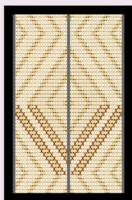
Sometimes we feel calm and we are **mauri tau**, we can be resting and we are **mauri noho** or we could be full of energy, **mauri oho**. These are all connected.

Mauri Tau



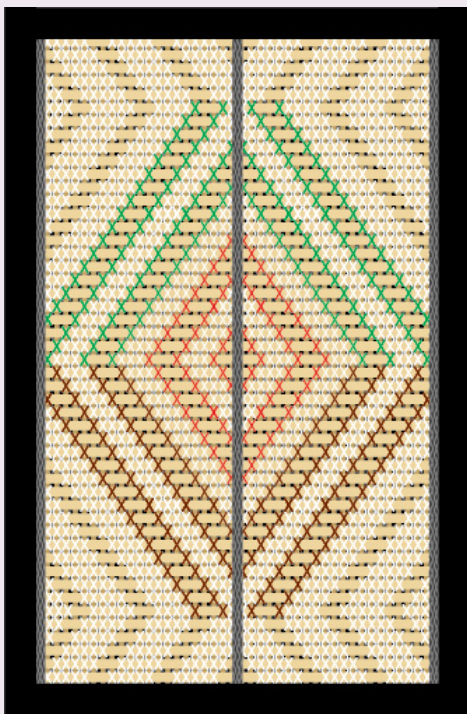
The middle of the kaokao glows red like the pou tokomanawa of Te Whare o Oro in the pukapuka. This is a tohu for **mauri tau**. Mauri tau is when we feel calm, safe and ready to learn, try new things and make choices.

Mauri Noho



The bottom kaokao glows parauri, or brown, like the pou tuarongo of Te Whare o Oro in the pukapuka. This a tohu telling us that an activity might help us whakahaere (lower) our mauri. These activities can help us slow down, listen to our ihana (body) and waiata, and get our energy back.

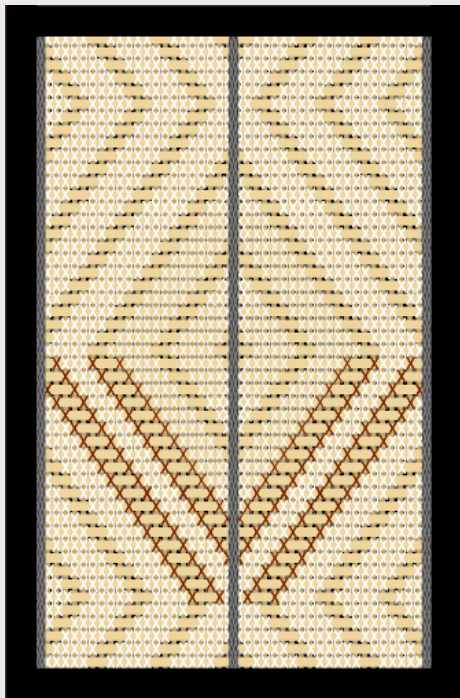
Mauri Tau



The middle of the kaokao glows red like the pou tokomanawa of Te Whare o Oro in the pukapuka.

This is a tohu for **mauri tau**. Mauri tau is when we feel calm, safe and ready to learn, try new things and make choices.

Mauri Noho

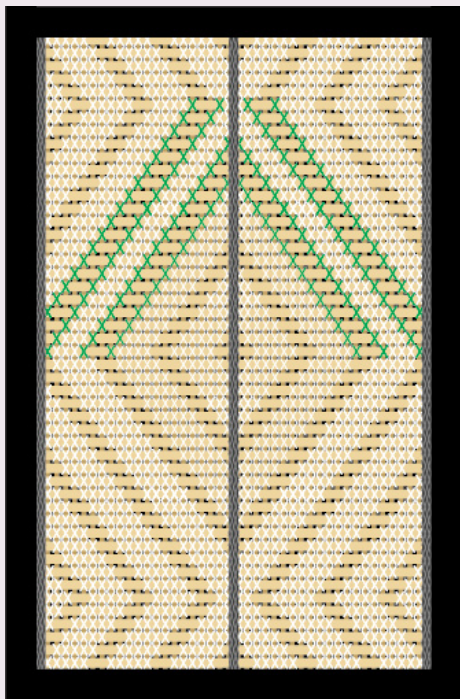


The bottom kaokao glows parauri, or brown, like the pou tuarongo of Te Whare o Oro in the pukapuka.

This a tohu telling us that an activity might help us whakaheke (lower) our mauri.

These activities can help us slow down, listen to our tinana (body) and wairua, and get our energy back.

Mauri Oho



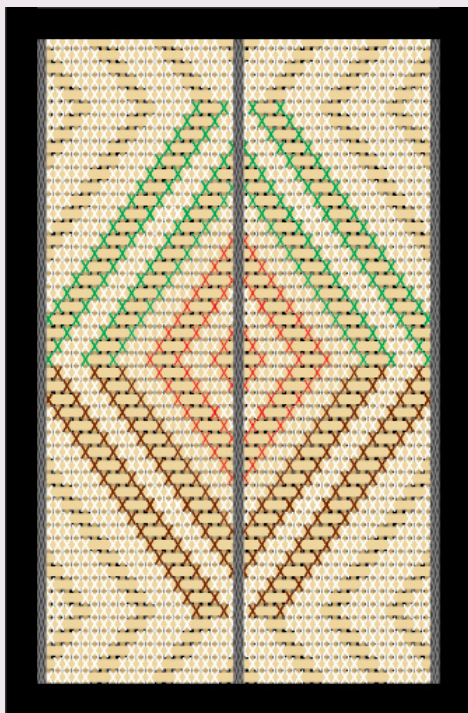
The kaokao at the top is pointing up. It glows kakariki, green, like the pou tāhū of Te Whare o Oro in the pukapuka.

This a tohu telling us that an activity might help us whakapiki (lift) our mauri.

These can help us feel full of energy and strong, or ready to try new things and learn something new.

On these cards you can find different ways to talk about how to whakapiki mauri so you can move to **mauri oho**, and whakaheke mauri, so you can move to **mauri noho**.

You can use these cards with the Manaroto cards and the pukapuka.



When we are **mauri tau**, we are ready to learn and to do our mahi.

- How do you feel when your **mauri tau**?
- How do others know you are **mauri tau**? What would they see or notice?

Let's explore the **mauri noho** and **mauri oho** cards to see what shifts our mauri or helps us find **mauri tau**.

We could try some activities that are shown on the Manaroto cards from the pukapuka series ***Te Roro o Tōku Whare***.



Some people like doing things like walking in the ngāhere with whānau, or singing a waiata by themselves to help them feel calm.

Everyone is different, what helps you feel **mauri noho**?

Using the Manaroto cards, try and find some of the activities that help you gather your thoughts, rest and feel safe.

What did you notice after trying these?

Write it down or draw the activities that helped you find **mauri noho**. You can share this with your whānau or kaiako, so they can help you next time you need to whakaheke (lower) your mauri.



Using the Manaroto cards, try and find some of the activities that help you feel energised, excited and strong.

Some people like doing things like listening to music and dancing, climbing around like a makimaki, and playing sport outside.

Everyone is different, what helps you feel **mauri oho**?

What did you notice after trying the activities that whakapiki (lift) your mauri?

Write it down or draw the activities that helped you find **mauri oho**.

You can share this with your whānau or kaiako, so they can help you next time you need to whakapiki (lift) your mauri.

