

# MAURI TAU

Being able to feel safe and calm.



## Whakamāramatanga:

Mauri tau is about being able to return to a calm and safe feeling (tau) after being upset.

## Whakatinanatanga:

*What does this look like?*

- Staying calm in the classroom so you can listen to the kaiako, follow instructions, and learn.
- When something tough happens, you can calm your body and feelings to feel tau again.
- Being able to feel okay when things around you or your plans change.

# MAHI TAIRONGO

Using all of your senses, like seeing, smelling, tasting, and touching.



## Whakamāramatanga:

Tairongo is all about using your eyes, ears, hands and mouth to discover the world all around you!

## Whakatinanatanga:

*What does this look like?*

- Being able to notice sounds like the manu outside or your favourite song on the radio.
- Using your nose to smell putiputi or kai cooking in the kitchen.
- Touching different things like soft leaves, shells or mud with your hands.
- Noticing when our milo is too hot to drink and waiting till it is ready!
- Being adventurous and trying new foods. Have you tried a new food lately?

# ORANGA TINANA

Eating foods that help you grow big and strong, and getting lots of sleep!



## Whakamāramatanga:

Oranga tinana is about looking after your body.

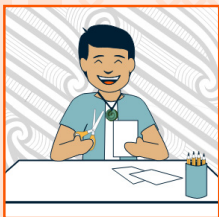
## Whakatinanatanga:

*What does this look like?*

- Trying to eat lots of yummy kai that has all the colours of the rainbow like red, orange, yellow, green and blue. Blueberries are awesome for your roro!
- Drinking wai māori all through the day.
- Running around outside with your friends!
- Getting lots of sleep so you are ready to learn and play.

# RINGA KIKINI

Using your hands to do fiddly things.



## Whakamāramatanga:

Ringa means hand, and kikini is like a pinchy move, like a pāpaka (crab)! This can help us use our fingers to pick things up.

## Whakatinanatanga:

*What does this look like?*

- Being able to do things like buttoning your shirt or zipping up your bag.
- Using your pencil at kura to draw or write.
- Making whai patterns with string.

## Maiea Manaroto

### Mauri Tau



#### Aroaroā

Find a toka or another object that is special to you. Take some time to explore it, noticing any changes in the object and in your own mauri. Then try the Aro-hā activity.

*Poumatea/  
Pouwhātoro/  
Pouoko/ Pouhōmiro*

*Wairua/  
Whakapapa/  
Mahi-a-toi*



#### Waiata Pōturi

Let's learn or sing a waiata pōturi, a slow and fun song. We can make up some simple actions.

*Poutiriao/  
Poumatea/  
Pouhōmiro/ Pouoko*

*Mahi-a-toi/ Reo  
Māori/ Whaka-  
papa/ Wairua*



#### Waihanganga/ Whakatangi Taonga Pūoro

Make or use our porotiti. When we blow on it, the porotiti spins and makes a soft humming sound. That sound, or oro, together with our gentle breath, can help us feel tau — calm and settled.

*Pouōko/ Poumatea*

*Mahi-a-toi/  
Whakapapa/  
Wairua/ Te Taiao*

## Maiea Manaroto Mahi Tairongo



**Hongihongi** Using your rongo (senses), try to match the smell in each bottle or container to the corresponding image on the cards.

*Poukakara /  
Pouhōmiro /  
Poumatea*

*Taiao/ Reo Māori  
Wairua/ Whaka-  
papa*



**Taioro** Put your headphones on or play a waiata out loud. What music makes you feel **mauri oho**, and want to kanikani? Are there songs that make you feel **mauri noho**?

*Pouoko/ Poumatea*

*Mahi-a-toi/  
Wairua/ Reo  
Māori*



**Torotio** Let's freeze some toys or other things in water. Once they're frozen, we can try to break the ice and set them free!

*Pouwhātoro/  
Poutāwara/  
Pouaroāmahea*

*Taiao/ Take Pū  
Whānau/ Reo  
Māori*

## Maiea Manaroto

### Oranga Tinana



#### Tī Uru

It's game time! Let's play a game of Tī-uru with our whānau or friends. We can have fun running, passing and catching a ball between us.

*Poutiriao/  
Pouaroāmahea/  
Pouhōmiro/*

*Mahi-a-toi/ Whakapa-  
pa/ Reo Māori/ Taiao/  
Take Pū Whānau*



#### Rongorongoa

Go with your friends or whānau to pick kawakawa leaves and learn how this plant can help take care of our tinana. Remember to mihi to Rongomātāne!

*Pouwhātoro/  
Pouhōmiro/  
Poutāwara/  
Pouaroāmahea*

*Taiao/ Reo Māori  
Wairua/ Whakapapa/  
Take Pū Whānau*



#### Whakapikiora

Take some time to explore your daily tikanga hauora and find out which kai helps keeps our tinana healthy and strong. We can learn about the atua connected to all the kai on your plate.

*Poutāwara/  
Pouwhātoro/  
Poukakara*

*Wairua/ Whakapapa/  
Reo Māori/ Take Pū  
Whānau*

## Maiea Manaroto

### Ringa Kikini



#### Raranga

We can weave harakeke (flax) with our ringaringa and learn about the pūrākau that connect us to Papatūānuku.

*Pouwhātoro/  
Poukakara*

*Mahi-a-toi/ Whakapa-  
pa/ Wairua/ Te Taiao/  
Take Pū Whānau*



#### Tā Kōwhai- whai

Let's draw and colour our own kōwhaiwhai patterns. Then share with your kaiako and friends what your kōwhaiwhai means.

*Pouwhātoro/  
Pouaroāmahea/  
Pouhōmiro*

*Mahi-a-toi/ Reo  
Māori/ Wairua/  
Whakapapa*



#### Kohikohi Kikini

It's time to discover what we can find in the ngahere and in the māra. On your haerenga, you will collect flowers, sticks, and leaves.

*Poutiriao/  
Pouaroāmahea/  
Pouhōmiro/  
Poumatea*

*Taiao/ Reo Māori/  
Take Pū Whānau/  
Whakapapa/ Wairua*

# MAHI KAIKA

Use your whole body to move around!



## Whakamāramatanga:

Kaiika is about using your body to run fast, jump high, throw things far, and climb around like a makimaki!

## Whakatinanatanga:

*What does this look like?*

- Riding your bike or scooter.
- Climbing all over the playground or bouncing on a trampoline.
- Playing sports and being active with friends and whānau.
- Keeping up with poi and mau rākau in class.
- Being able to pour your own drinks and helping sweep up the whare.

# RINGA REHE

Doing things to take care of yourself and your things.



## Whakamāramatanga:

Ringa Rehe means someone who knows how to look after themselves and their things the right way.

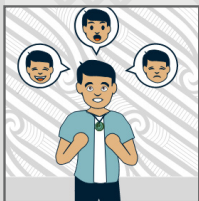
## Whakatinanatanga:

*What does this look like?*

- Washing your face, brushing your teeth, and brushing your hair.
- Being able to get yourself ready to take a shower or bath.
- Making yourself food.
- Being able to go wharepaku by yourself.
- Tidying your toys and clothes away.
- Picking clothes you need for the outdoors, like putting on a rain jacket when it's rainy or a jersey when it's cold.

# WHATUMANAWA

Having different feelings that match what is going on around you.



## Whakamāramatanga:

Whatumanawa is like your heart's eye. This helps you feel and sense what is happening around you.

## Whakatinanatanga:

*What does this look like?*

- What does this look like?
- Knowing what you need to feel okay, happy, or safe.
- All your feelings match what is happening around you. You might be laughing with friends when you feel happy! Or sad when you have lost a favourite toy.
- Noticing when your friends, whānau or pets might need awhi or someone to cheer them up.



## Maiea Manaroto

### *Mahi Kaiaka*



#### **Mahi Torokaha**

Let's imagine we are different atua as we stomp like Rūamoko, twist muka like Hineteiwaiwa, and reach into the air like Tāwhirimatea.

*Poutiriao/  
Poumatea/  
Pouaroāmahea*

*Wairua/  
Reo Māori/  
Whakapapa*



#### **Tītī Tōrea**

Let's play Tītī tōrea, we can play with our friends while singing a waiata.

*Pouaroāmahea/  
Pouhōmiro/ Pouoko*

*Mahi-a-toi/  
Wairua/  
Take Pū Whānau/  
Reo Māori*



#### **Pūrerehua**

Practice using your pūrerehua and listen to the sounds it makes and the vibrations you can feel. Do you notice that when you swing your arms faster, it changes the oro?

*Poutiriao/Poumatea/  
Pouoko/  
Pouaroāmahea*

*Mahi-a-toi/  
Wairua/ Te Taiao*

## Maiea Manaroto

### Ringa Rehe



#### Whakatō Kakano

Think about the fun things you like to do, or something new you'd like to try and grow/get better at. Print out the Whiti te Rā sheet to help you choose a new skill you'd like to learn.

*Pouhōmiro/ Pouoko/  
Pouwhātoro*

*Whiti-te-Rā (all 6  
hihi)*



#### Takakau

Let's make a takakau parāoa.

*Poukakarā/  
Poutāwara/  
Pouaroāmahea*

*Take Pū whānau/  
Reo Māori/  
Whakapapa*



#### Wha- karaupa- pa Ora

With a whānau member, create a night-time shower routine. You can write it down, decorate it, and hang it near the bathroom. What other hauora routines can you create?

*Pouwhātoro/  
Pouhōmiro/ Pouoko*

*Take pū whānau/  
Reo Māori*

## Maiea Manaroto *Whatumanawa*



### Te Whare Rēhia

Can we choose a waiata or haka to practise together? Pick one that shows how you are feeling. Should we begin with a haka, a waiata, or poi?

*Pouhōmiro/ Pouoko/  
Poutiriaō/ Poua-  
roāmahea*

*Take Pū Whānau/  
Wairua/ Whakapa-  
pa/ Reo Māori*



### He Kokonga Whare

Use a set of te reo Māori kare-ā-roto cards to play 'Go Fish' and talk about the cards you pick. How do you feel these emotions in your body? How do you show these kare-ā-roto to others?

*Poumatea*

*Take Pū Whānau/  
Whakapap*



### Whare Mauri

Grab the Kei Whea a Mauri Tau adventure book and try one of the activities inside. We can see how our mauri changes as we search for Tāne Mahuta's mōkai (pet).

*Poumatea/  
Pouaroāmahea/  
Pouwhātoro*

*Reo Māori/  
Take Pū Whānau/  
Whakapapa*

