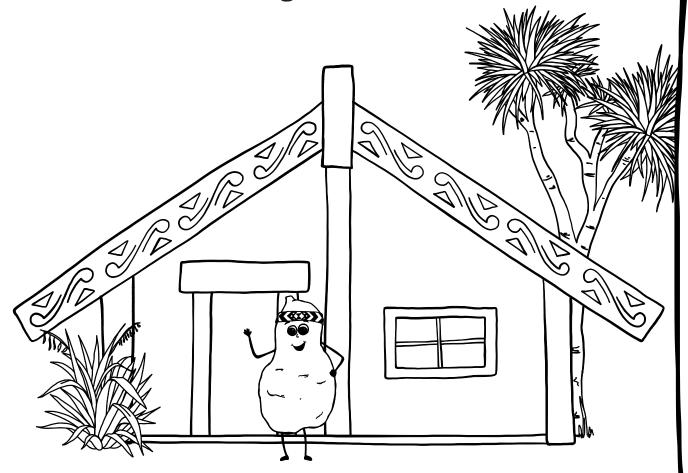
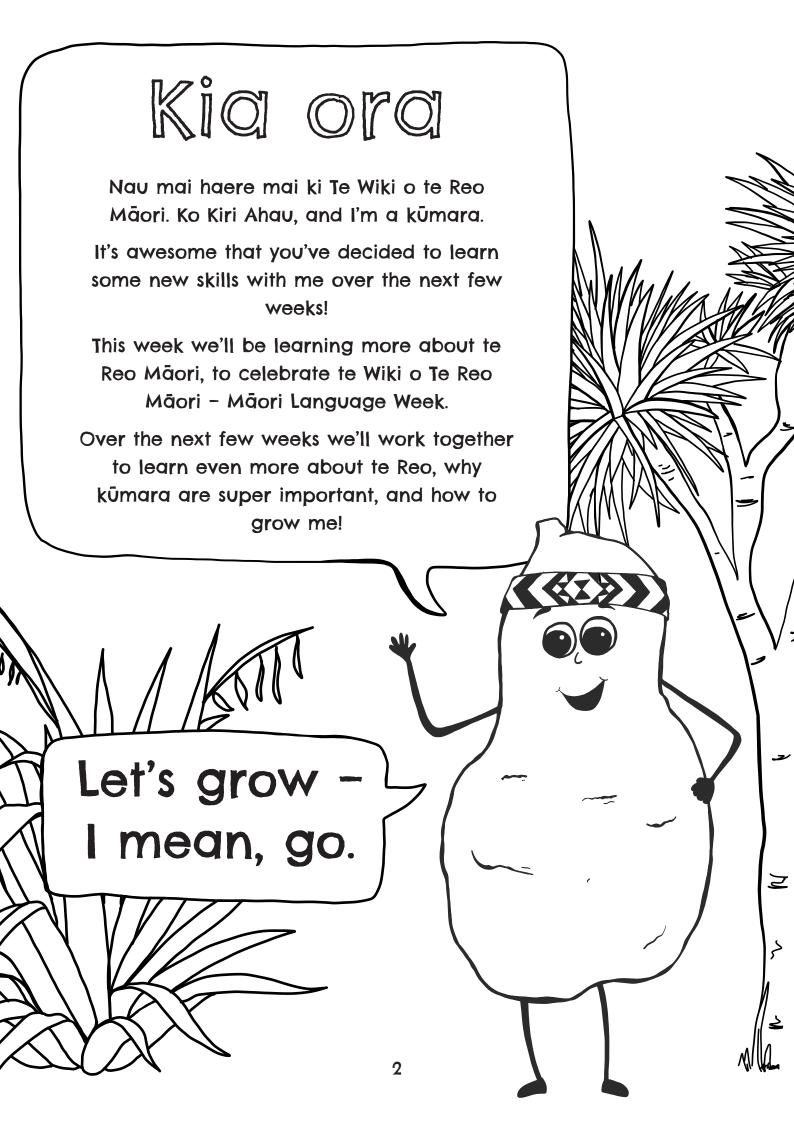
# TUputupü

Te wāhanga tuatahi - Part 1



A fun workbook taking tamariki through Te Wiki o te Reo Māori (Māori Language Week) and Mental Health Awareness Week.





# Kei te mohio koe?

### Did you know?

Te Reo Māori is one of our three official national languages in Aotearoa.

Do you know the other two?



Lots of people have worked really hard to bring te Reo Māori back, so it's awesome that you're joining the wave of learning our indigenous language.



These days we hear te Reo Māori being spoken in the classroom, on the tv and in our communities. But it hasn't always been this way.

In the early 1860s, te Reo Māori was officially discouraged and some schools even banned it from being spoken.

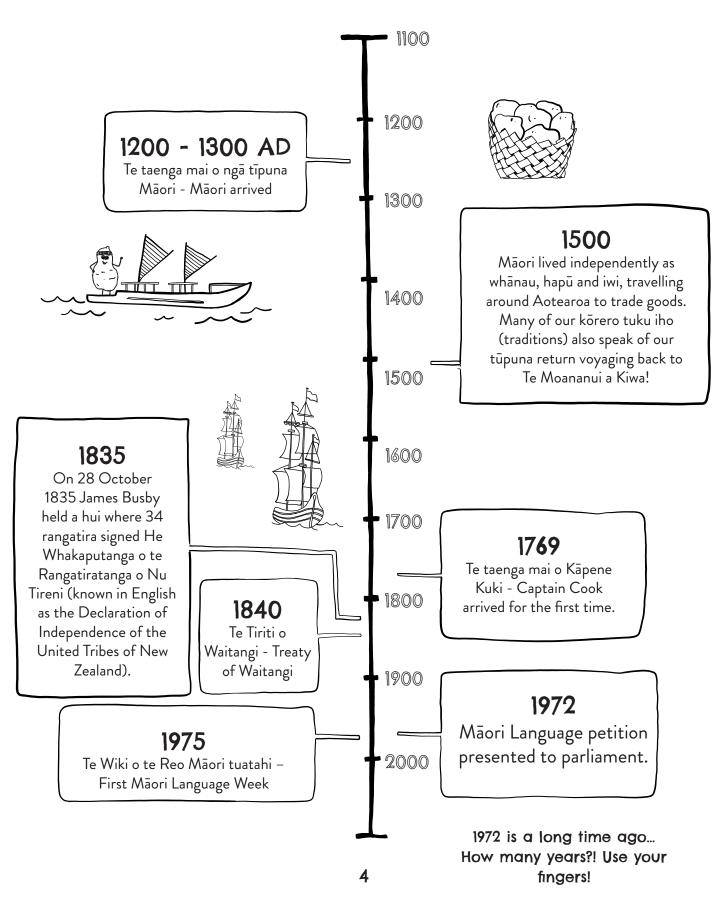


The first Māori language week was in 1975 to mark the presentation of the Māori language petition in parliament in 1972.



Each year, we celebrate Te Wiki o te Reo Māori, Māori Language Week. It's all about promoting and encouraging us to use te Reo Māori. In 1972, to make sure we didn't lose te Reo forever,
Auckland-based Ngā Tamatoa (The Young Warriors),
Victoria University's Te Reo Māori Society, and Te
Huinga Rangatahi (the New Zealand Māori Students'
Association) petitioned Parliament to promote te Reo
Māori. Initially, a Māori language day was introduced
but this became Māori language week in 1975.

# A brief history of Aotearoa



### Tell me...

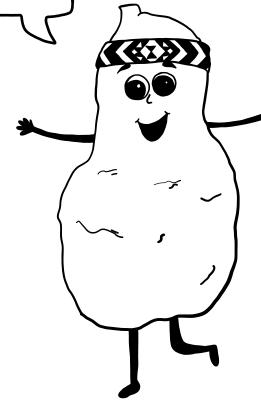
#### He aha te take?

Why was there a Māori language petition?

Do you think NZ has come a long way since the Māori Language Petition?

**Tautokona te Reo!** What are two things you can do to encourage more of us to use te Reo everyday?

Ooh I'll try and teach my friends a new word every day over lunch!



# Akona te Reo!

What if we told you you're going to learn more te Reo Māori?



#### How do you feel about learning te Reo?

Super nervous

Draw a circle on the line to show how you're feeling.

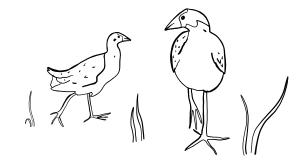


### 2222333

What do I need to get learning?

- He wāhi ako A place to learn
- He wāhi parakitihi A place to practice
- Some confidence and bravery (māia)
- Some practical things that may help apps (taupānga), websites (pae tukutuku), a cool person to help (kaiāwhina).
  - Time

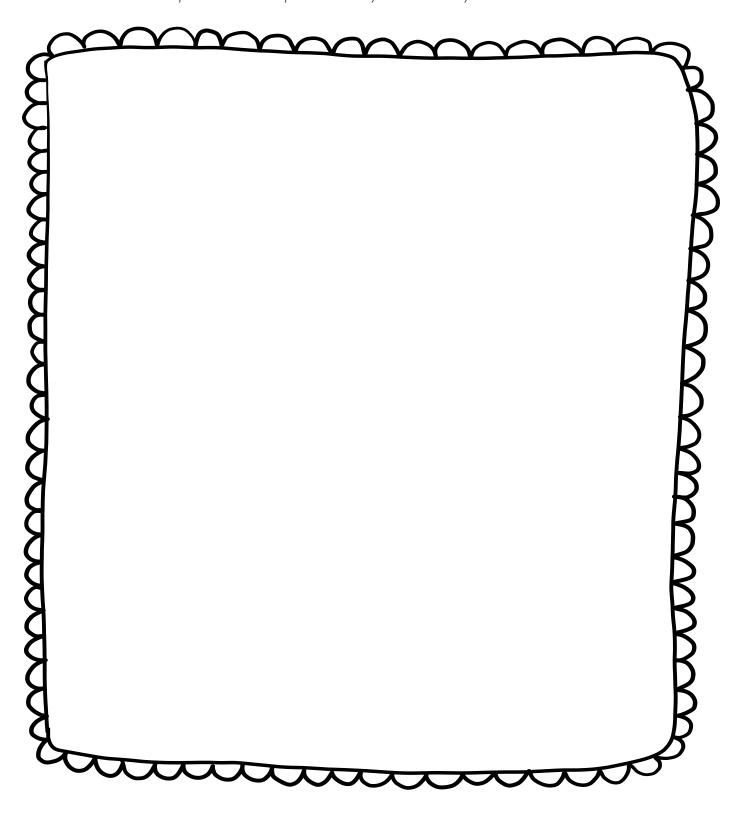
Why do you think you feel this way?



## Whakaaro

### What would Aotearoa be like if we all spoke English and te Reo Māori?

Draw a picture, write a poem or story about what you think it'd look like!



## Growing a new skill

### Practice makes perfect!

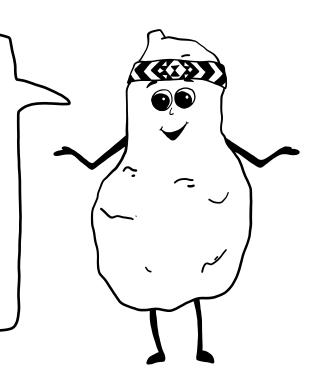
Some people think that we are born good or not so good at languages, he korero rūkahu tēnei.

THIS IS JUST LIES, AND FAIRYTALES.



Just like growing a kūmara like me, learning a new skill takes time... and patience.

I took five months to grow! When we give tiny seeds time and our attention, they grow into HUGE kahikatea! It's the same with learning a language.



#### **Activity Time**



# Let's get growing!

### Planning ahead means you won't miss a beet! Haha!

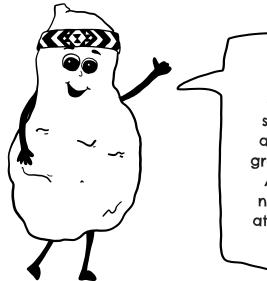
Have a think about what words (kupu), questions (pātai) or phrases you really want to know – but not rude ones! Maybe the things you love doing?

Phrase in English	Phrase in Te Reo					
Can I please have some screen time?	Tukuna i a au he wā matihiko?					

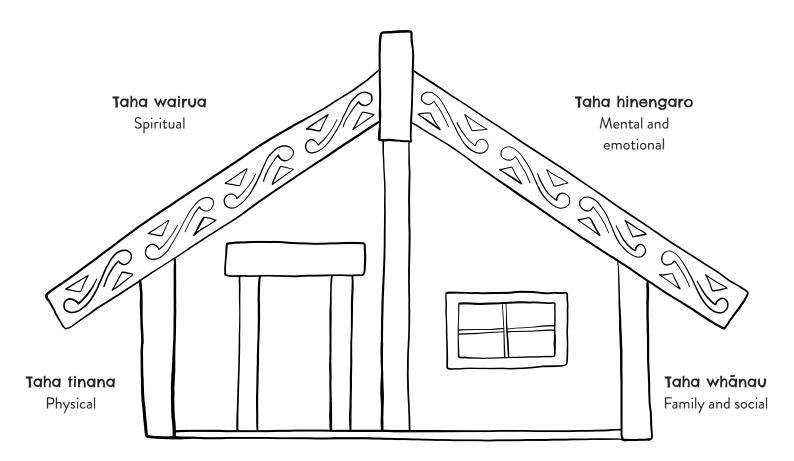
What's one thing you can say in te Reo, that you couldn't at the beginning of today?



# Te Whare Tapa Whā



Did you know your wellbeing is like a whare? It needs walls, a roof, and a foundation to be strong. If our whare is strong on all four sides we're likely to have great overall health and wellbeing. And super interestingly, if we're not feeling our best, we can look at these areas and see which ones we can strengthen.



#### Whenua

Land, place, roots

And that's what Tuputupu is all about! Growing ourselves!

# Grow your very own Kūmara

To get our kūmara ready to grow in time for the school holidays, we're going to have to start growing our tipu now.

Tipu are the little shoots that grow on kūmara to grow new kūmara – how cool, right!

It's super easy - all you'll need is some kūmara, toothpicks and a glass of water!





One of the easiest places to get kūmara is your local toa hokomaha (supermarket). If you are unsure which ones to buy, Owairaka (red variety) is the most recognised variety in Aotearoa with a red skin and creamy white flesh.

There are lots of ways you can begin to grow your tipu. One of the easiest is to place 3-4 toothpicks into your kūmara about half way down, and rest it on a glass of water so that the bottom half of the kūmara is in water. Within a couple of weeks you should notice your tipu are starting to grow! You might want to grow these inside your whare on a windowsill, or somewhere at home that gets the most sunshine.

Watch our video with all the instructions on how to grow kūmara online at sparklers.org.nz/parenting/tuputupu/

## Kumara Word Find

#### Activity time

0	Ε	P	Н	0	D	J	Ε	Н	F	С	M	Q	J	A
٧	Z	Т	1	X	Ν	I	Р	M	Ā	R	A	С	Ā	T
N	U	Ū	R	D	Υ	Υ	K	S	R	Н	Q	В	R	Н
Ε	K	M	K	Υ	Υ	G	1	D	0	J	U	G	A	A
Ε	R	A	M	A	X	Z	Ε	U	Ν	F	M	A	I	K
X	С	Т	R	٧	M	٧	W	0	G	S	I	M	N	N
T	Υ	A	Υ	A	W	U	X	٧	0	D	M	Н	Ε	M
Ε	K	U	M	M	Р	D	Р	Υ	M	M	Q	W	Н	A
X	K	Ε	٧	I	٧	U	X	Ū	Ā	W	Н	Υ	U	P
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S	Т	G	Z	M	0	0	W	G	Ā	U	U	J	L	R
L	Т	A	F	R	W	P	K	L	Ν	A	Н	Z	K	G
D	I	N	M	G	I	G	Ε	Q	Ε	Н	A	N	D	Н
Н	Р	С	0	Ν	Ε	0	Ν	Ε	A	G	K	D	G	F
R	U	G	Н	D	Т	٧	В	A	В	Υ	Ε	Q	Т	Α

Find the te Reo Māori words below in the word find!

KŌ

digging stick

**TIPU** 

kūmara slips, shoots

MĀRA

garden

**ONEONE** 

soil

**KAMUPŪTU** 

gumboots

**KARAPU** 

gloves

**RONGOMĀTĀNE** 

Atua of agriculture, cultivation and peace

**TŪMATAUENGA** 

Atua of warfare, fighting and mankind

ĀRAINEHU

dust mask

HAUHAKE

harvest