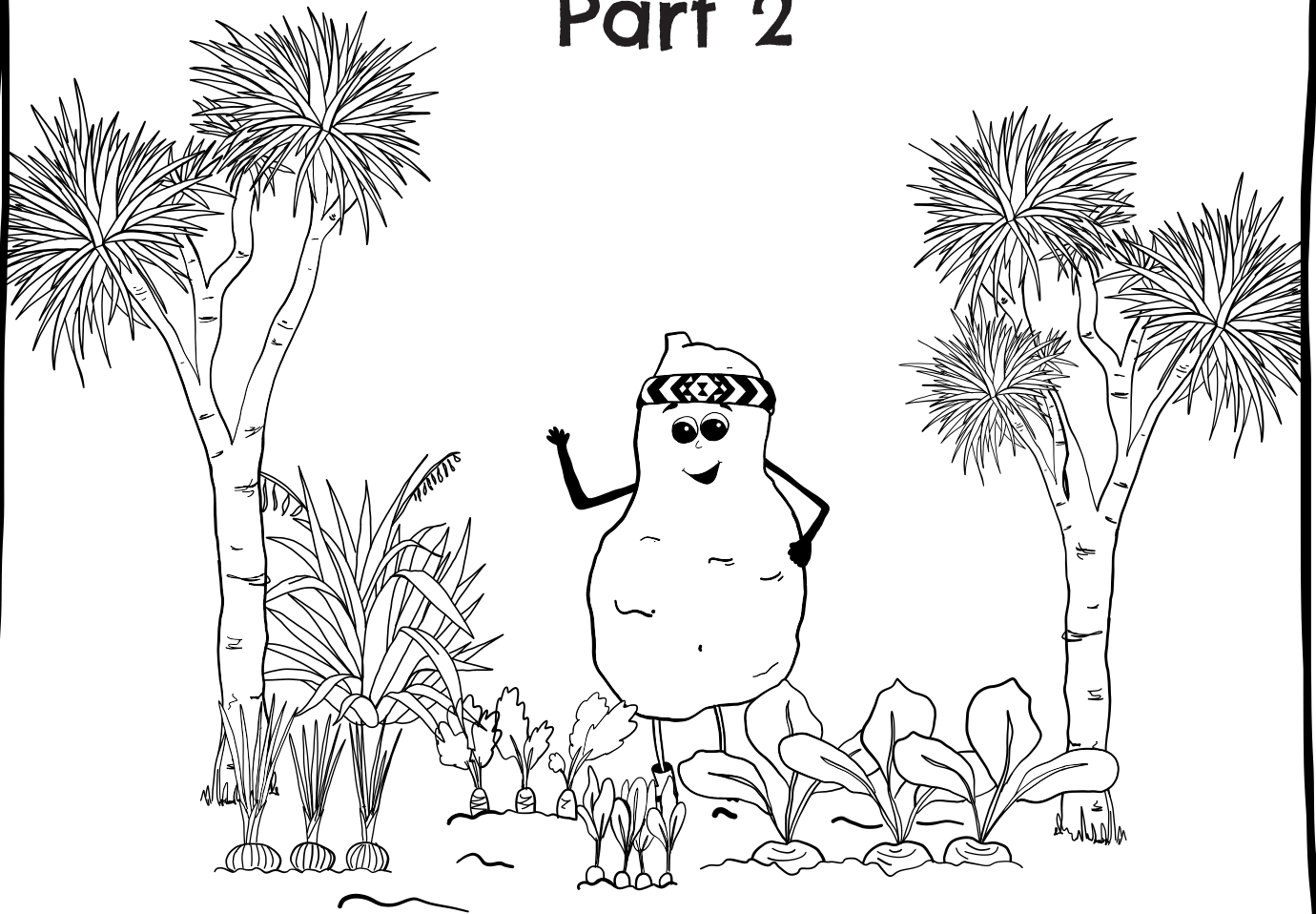


Tuputupu

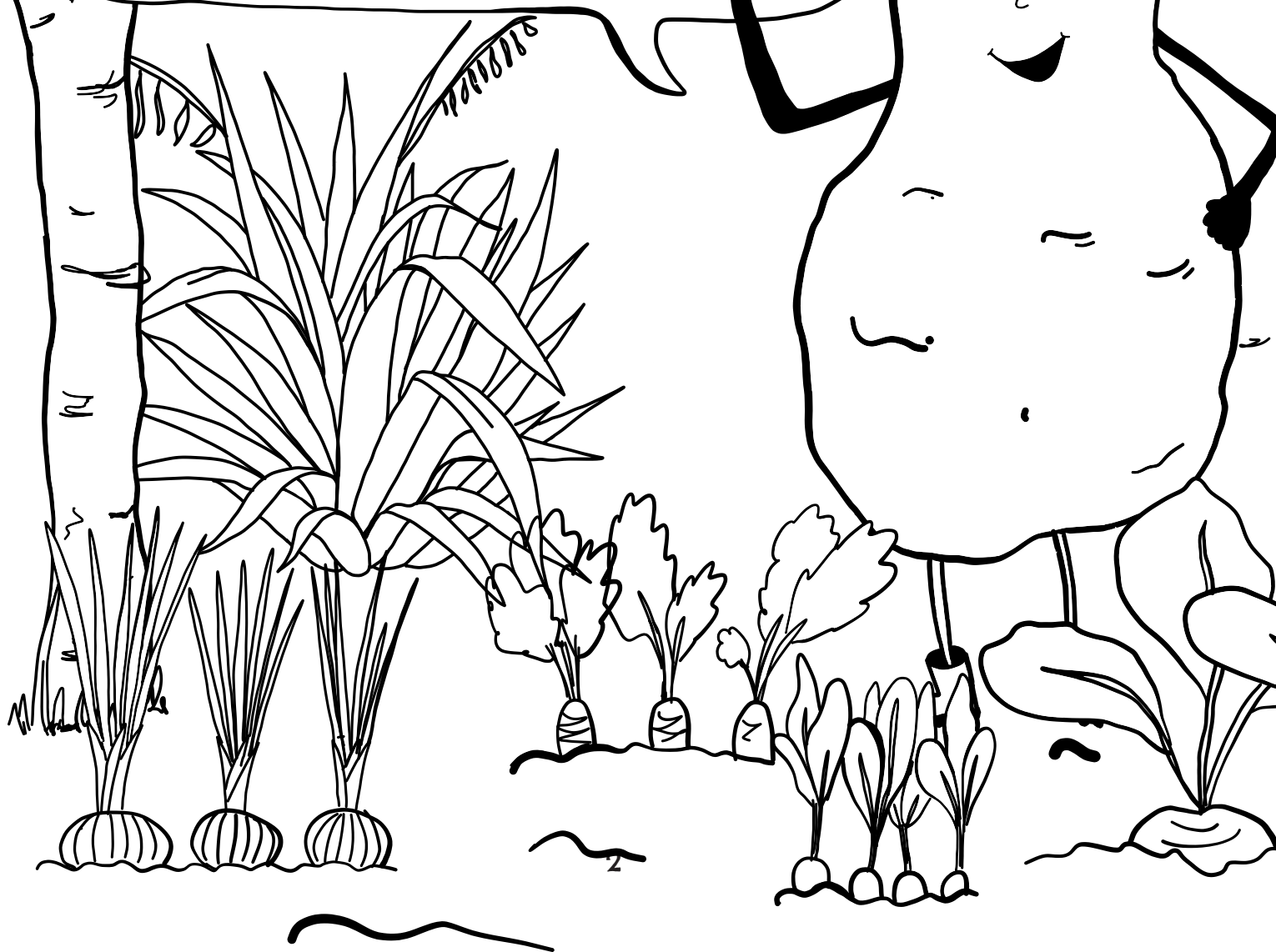
Te wāhanga tuarua Part 2



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

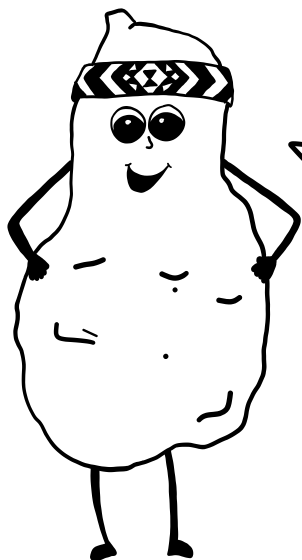
Kia ora

Nau mai hoki mai ki te wāhanga tuarua o Tuputupu! Welcome back to the second part of Tuputupu celebrating Te Wiki o Te Reo Māori and Mental Health Awareness Week! E mōhio ana koe he rite tonu tō hauora ki Te Whare Tapa Whā? Did you know your well-being is just like a whare? Our Whare Tapa Whā (four sided house) has a roof, four walls and foundations that are all connected to help our whānau thrive!



Te Whare Tapa Whā

Activity time



The four walls of hauora (health and well-being) are Taha Wairua (spiritual) Taha Tinana (physical), Taha Hinengaro (mental & emotional) and Taha Whānau (family and social connections). They all sit on our Whenua. This is the land (Papatūānuku) where we all feel connected to one another and where we all belong!

It is important to our hauora that we keep all four sides of our whare strong, with the little things we can do each day to keep ourselves and our whānau feeling well!

Connect the dots to build your whare of wellbeing.

Taha wairua
Spiritual

Taha hinengaro
Mental and emotional

Taha tinana
Physical

Taha whānau
Family and social

Whenua
Land, place, roots

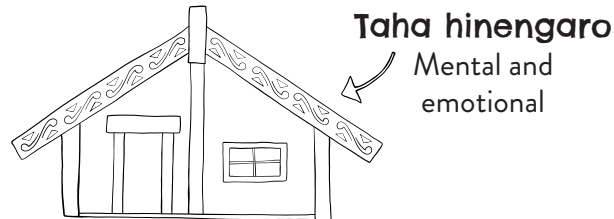
And that's what
Tuputupu is all about!
Growing ourselves.

Taha hinengaro

Our mental and emotional health

Ki te wātea te hinengaro, me te kaha rere o te wairua, ka tāea ngā mea katoa.

When the mind is free and the spirit is willing, anything is possible.



This small activity is all about caring for and nurturing your hinengaro.

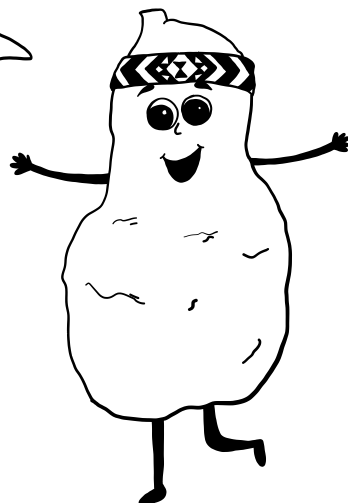
Āta whakaarohia! Have a think about the things we feel we're either good at or not so good at. This is about challenging ourselves to develop a growth mindset and crikey, it is good for us! He kai mā te hinengaro!

Good at:

.....

Not so good at:

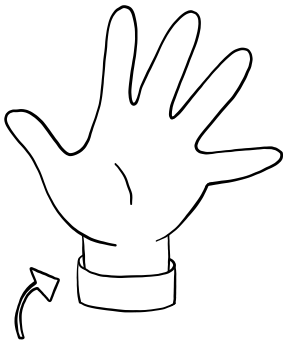
You know what I love?
All things that make us happy and healthy. He oranga ngakau he hikinga wairua.



What can I do to get better at this stuff?

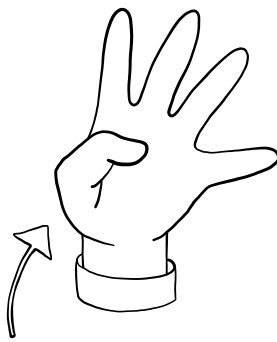
Me mātau ki tōu hinengaro - understanding our brain

Lots of people associate mental health with the brain. Do you know that our brains work to overcome our big emotions and helps us look after ourselves. Brains are tricky but here's an easy way to understand how our big emotions work when we lose control. We call this flipping our lid!

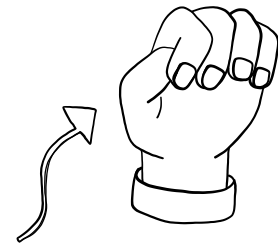


Here's the base of your brain (Pūroro - the brain stem).

It's responsible for basic things like breathing and making your heart keep pumping blood around your body.

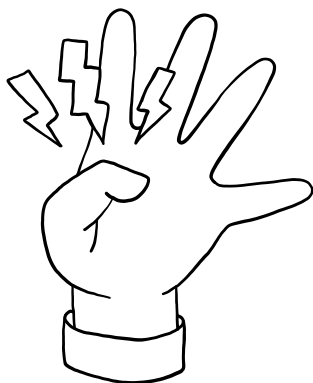


Your kōnui (thumb), folded in, sits in the middle, just like the amygdala in the brain. The amygdala, or the downstairs of your brain, senses danger.



Your matimati (fingers) are like the front of your brain and is sometimes known as the upstairs of your brain.

The front of the brain helps us manage our emotions and make choices.



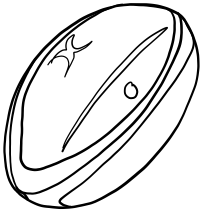
When we're feeling āwangawanga (nervous, worried) or a bit overwhelmed we 'flip our lid' - which means our amygdala takes over and it's harder to make good decisions.

To help us make good decisions again, we need to relax our brains and let the front of our brain (our fingers) fold back down over the amygdala.

What do you do to put the upstairs of your brain back in control? I like to go for a walk.

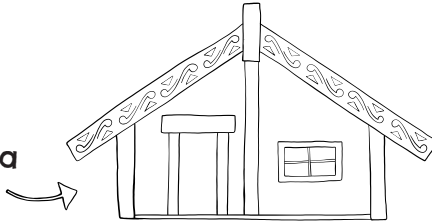
Taha tinana

Our physical health



Mauri tū, Mauri ora.
An active soul for your wellbeing.

Taha tinana
Physical



I ain't no couch
kūmara! You
better watch this
kūmara move!

Now let's get some tinana action in!

Getting moving and active is a good way to help us feel good.

What's your favourite activity to get your body moving?

Maybe go outside and do that now!



Making Manu tukutuku

Manu tukutuku (kites) sail close to the whetū (stars) and connect us to Papatūānuku (the earth) and those that have passed on.

Our manu tukutuku design is not traditional because we wanted to make it really easy for everyone! We did find traditional designs online though and you may want to give these a try too!

What to do

Check out our instruction video and worksheet online:

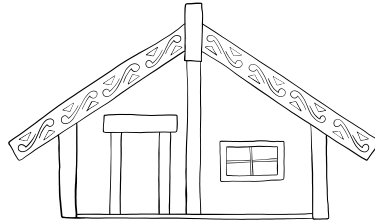
www.sparklers.org.nz/parenting/make-manu-tukutuku-kite/

Whenua

Our connection to the land, and our place.

Ko te whenua ko au, ko au ko te whenua.

I am the land and the land is me.



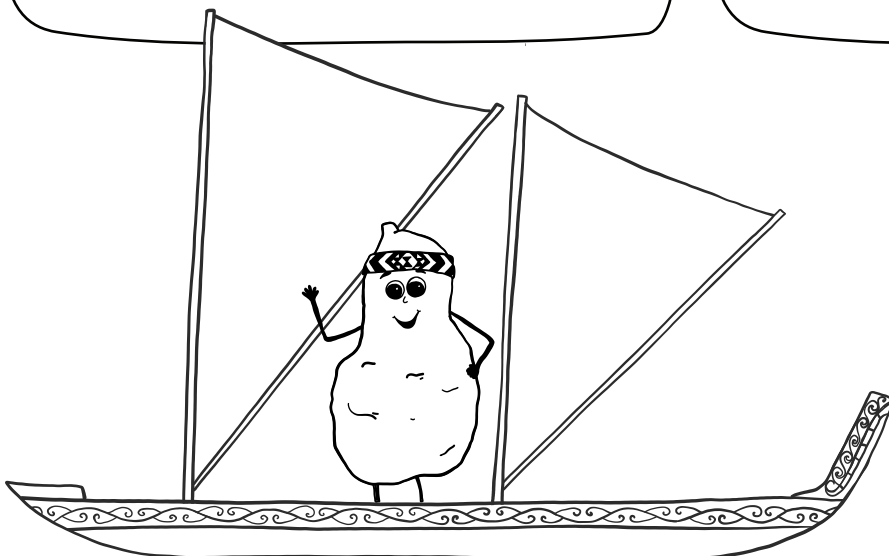
Whenua
Land, place, roots

Te Moananui a Kiwa, Languages of the Pacific

Did you know that indigenous languages are very similar across the Pacific? Miharo! That's amazing aye? While the Pacific Islands (and beyond) were small and separated across vast oceans, these tiny moutere (islands) had strong traditional hononga (relationships) and shared whakapapa (ancestry).

I ahu mai i hea? Origins of the kūmara

Kei te mohio koe? Did you know? Nō Amerika ki te Tonga tēnei taonga! Kūmara traces its origins back to South America. Most people think (based on the research) that Polynesians voyaged to South America and brought the kūmara back into Te Moananui a Kiwa (Polynesia) with them.

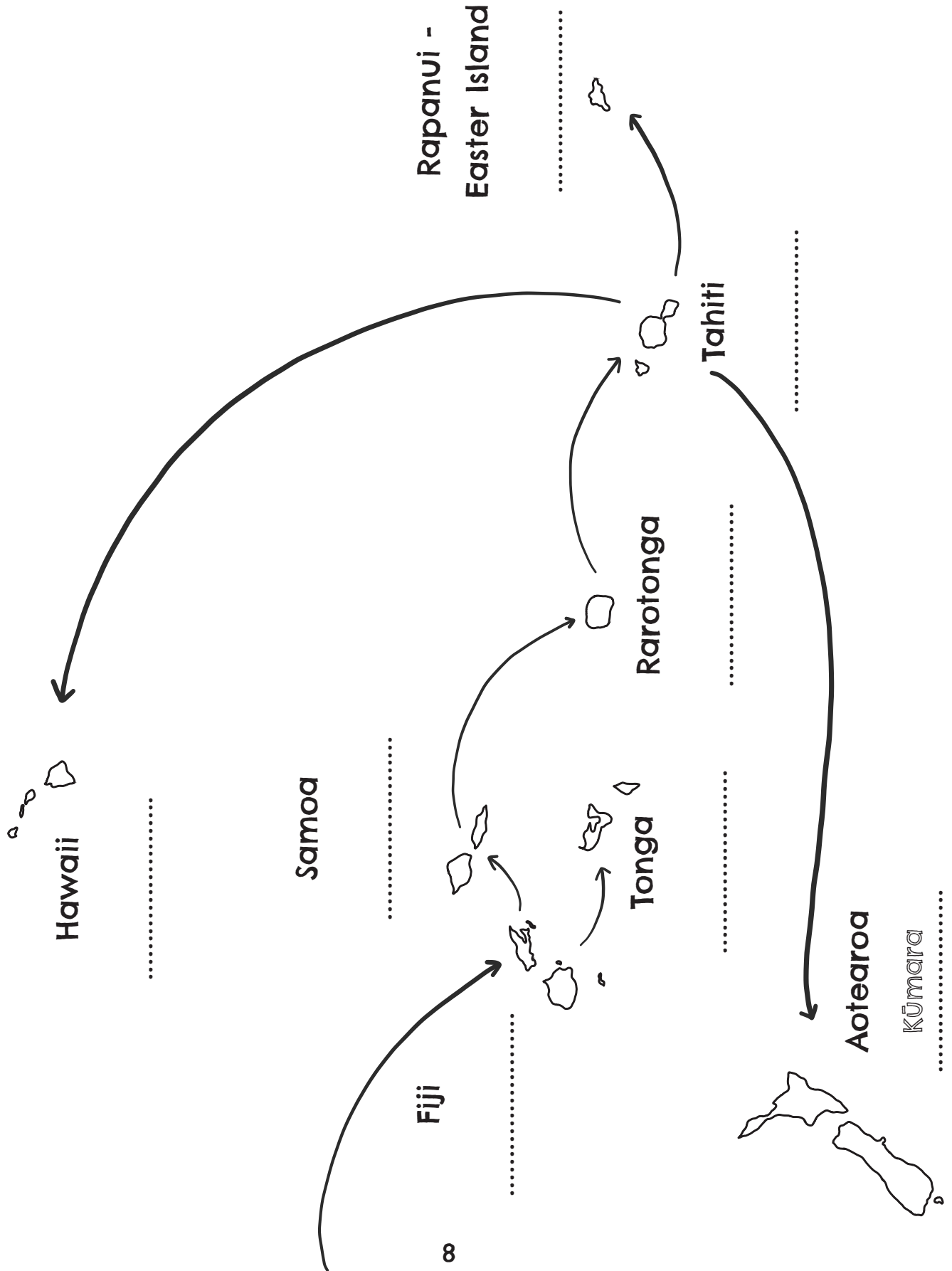


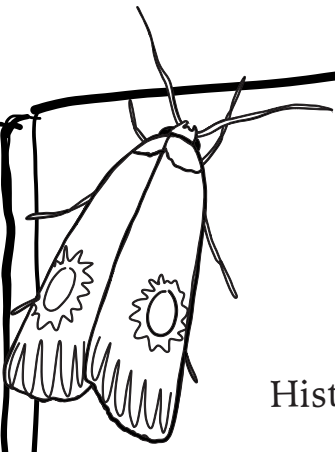
Instructions

Sail the islands in your waka hourua tracing all the Pacific homelands of the kūmara. Along the way you can learn what the name for kūmara is on each moutere (island).

Sail the islands

On your voyage, find the word for kūmara on each moutere.





Whakapapa o te kumara:

History of the kumara in Aotearoa

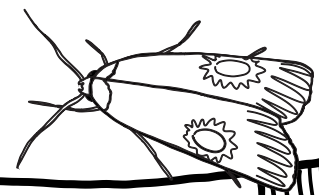
When our tīpuna (ancestors) arrived in Aotearoa around the 13th century they brought lots of tropical plants, like taro, hue (gourd) and uwahi (yam). The most important of these became the kumara.

For Māori, the kumara is associated with Rongomātāne, the Atua (deity) of mahi māra (gardening and agriculture), ngakina (cultivations) and rangimārie (peace).

Gardening and kumara growing connect back to the survival of our earliest tīpuna! Rongomātāne is the brother of Tūmatauenga the Atua of warfare, fighting and humankind.

Along with all the other Atua they connect us to our taiao (environment) and they help to maintain and restore the natural balance within Te Ao Māori (the Māori world).

One tradition states that kumara was brought down to Papatūānuku by Pani Tinaku. She was the sister of Whānui, the whetū (star) Vega and was married to Rongomāui. Rongomāui stole the kumara as a gift for his wife Pani Takirau, who birthed the kumara into the world. As utu (response), Whānui sent down Anuhe (the kumara moth) to destroy the leaves of the kumara. Māori gardeners would often train karoro (seagulls) to eat the moths, or they would light ahi (fires) and use auahi (smoke) from the rau (leaves) to chase the caterpillars away.



Match the kiwiana to te reo!

It's clear Kūmara like Kiri have quite the history. There's lots of things Aotearoa is famous for, like jandals. Wonder what the history of jandals is... better still, I wonder what jandal and lots of our 'kiwiana' are in te reo?



Draw a line between the english and the te reo māori translation!

Jandal

Kiwi

School

Rugby

Sheep

Book

Pūkeko

Buzzy bee

All Blacks

Silver Ferns

Kura

Hipi

Rau Hiriwa

Kapa Ōpango

Pukapuka

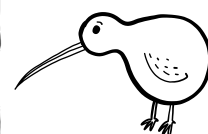
Whutupōro

Pī rangorango

Kiwi

Hanara waewae

Pūkeko



My Backyard

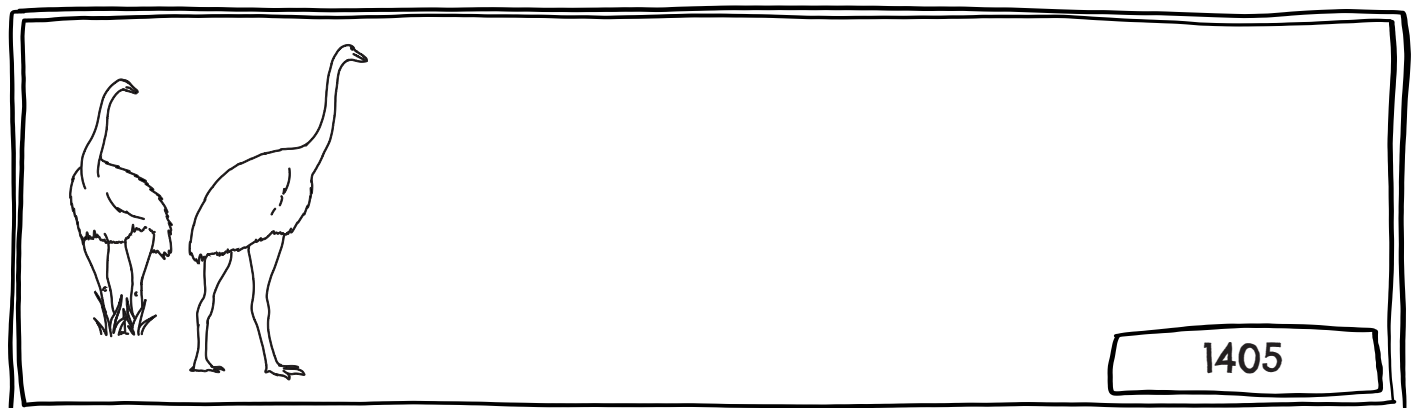
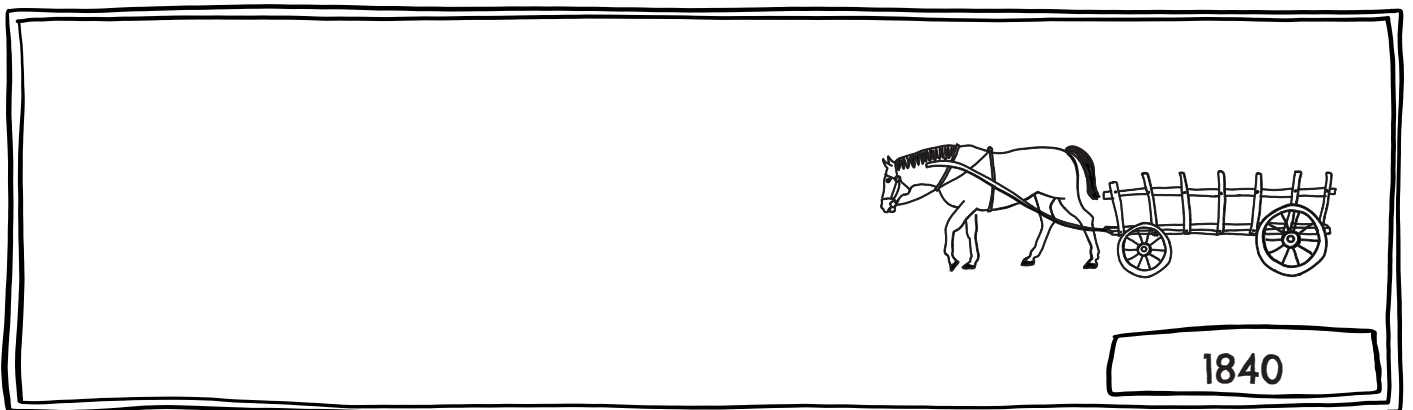
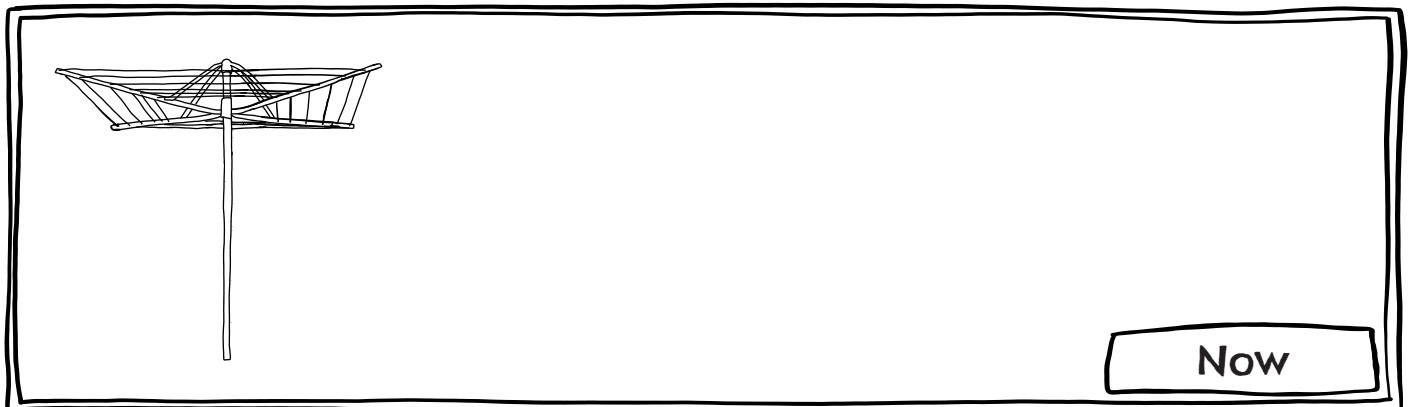
Hoki atu koe ki tō maunga kia purea koe e ngā hau o Tāwhirimātea - return to your ancestral mountain to be cleansed by the winds of Tāwhirimātea!

One great kīanga or saying in te reo Pākehā, in English is 'in your own backyard'. All these

sayings and history come from right here in Aotearoa. They connect us to the special places that we call home. Our own backyard!

Right, so let's get literal about our backyards...

Draw three pics of your own backyard over the history of time...

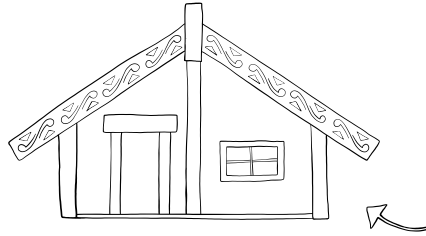


Taha whānau

Our family, friendship and community health

Ehara taku toa i te toa taki tahi, engari he toa taki tini.

My strength is not that of one but that of many.



Taha whānau
Family and social

Whānau matter because when we grow up with our whānau they help us learn about almost everything we do.

Sometimes we take whānau for granted, here's some cool ways to connect and learn more about te reo Māori with your whānau.

Whānau give us a sense of identity, belonging and help us find out more about who we are.

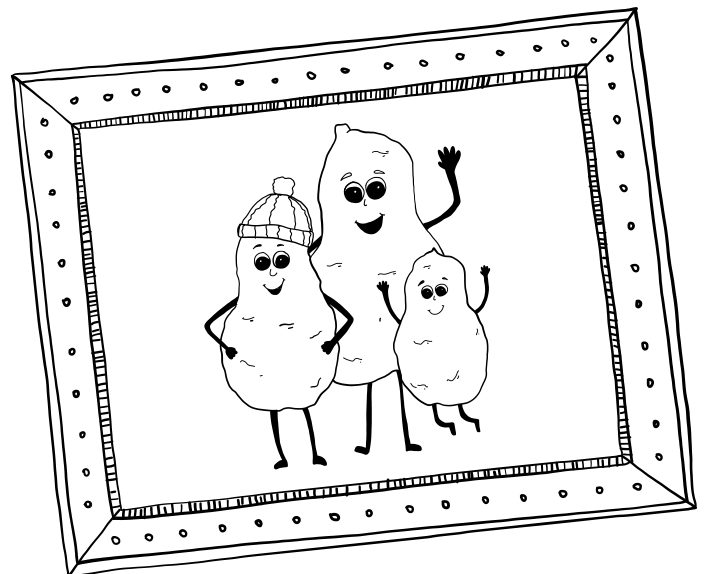
Whānau Poster

Activity time

Learning new stories about the people we're closest to can strengthen our relationships and can deepen our sense of who we are, and where we've come from.

Kōrero with the oldest person in your whānau or someone who is special to you, either online, in person or by phone.

There are some questions to ask on the next page!



Ask a kaumātua or kuia

What is your full name?

What is your earliest memory?

Where did you live when you were my age?

Growing up, what was your favourite kai?

And what were your favourite games

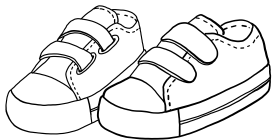
What are your happiest memories?

What is the most important thing I need to know about growing up?

**Draw your
whānau**

Cool things to say to whānau

Kei hea ōku hū?
Where are my
shoes?



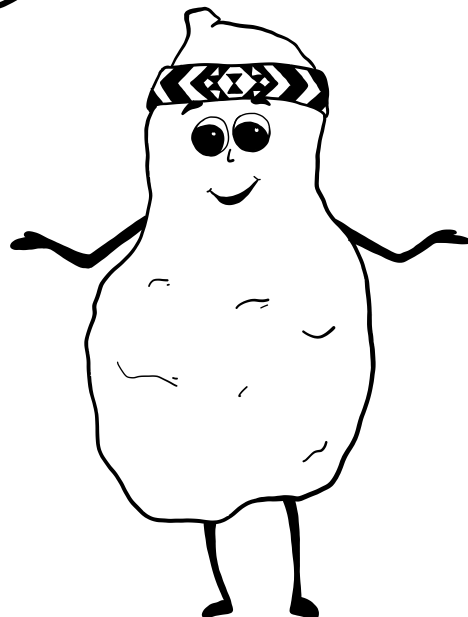
Kei hea tōku ārainehu
Where is my face mask?

Kua tae kē atu tātou?
Are we there yet?



Kei te hōhā au
I'm bored

He aha te kai
a te pō?
What's for dinner?

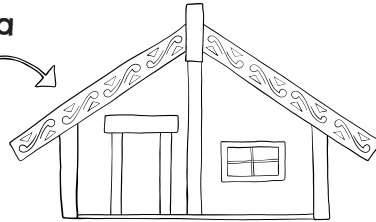


Taha wairua

Our spiritual health, like our “beliefs, values, traditions

He oranga ngākau, he hikinga wairua.
When it touches your heart, it lifts your spirit.

Taha wairua
Spiritual



It's time now to think about our wairua... hmmm how does growing kūmara relate to wairuatanga (spirituality).

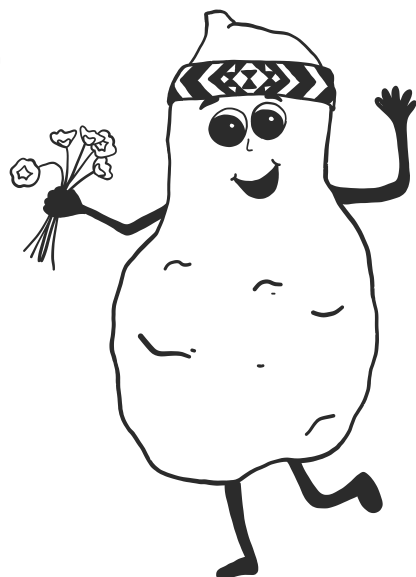
Wairuatanga is about our spiritual health and well-being. It includes many of the unseen and unspoken energies that bind the physical and spiritual world that we are all a part of. It might include our traditions, whakapapa, beliefs, or the different faiths that our whānau belong to.

For many people, feeling a sense of wairua might be as simple as enjoying an activity that helps us feel settled and happy! Sometimes it might be an activity by ourselves, or it could be an activity that connects us with the people we love.

Wairua can be connected with mindfulness. There's lots of mindfulness activities and taupānga (apps), and it's all about enjoying the moment and a sense of rangimārie (peacefulness).



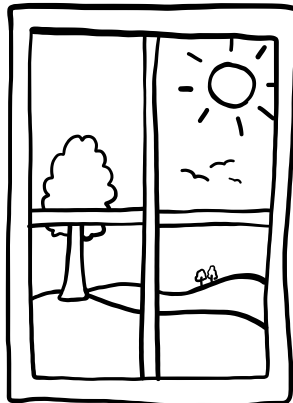
Have you ever noticed what my putiputi (flowers) look like?



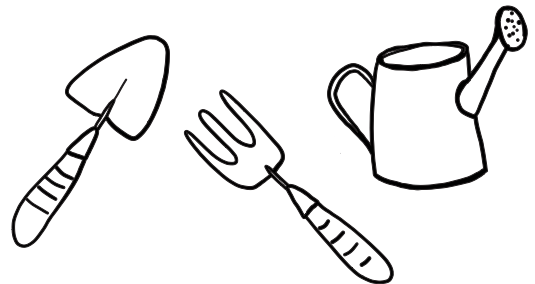
Mindfulness and taking a breather

Here's some awesome things you can try!

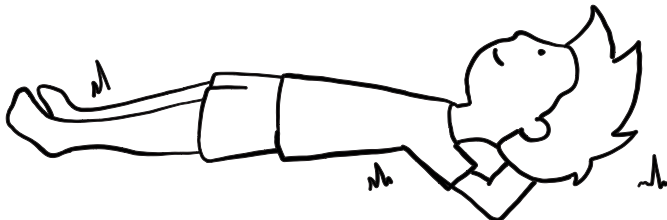
Noticing what's outside the matapihi (window)



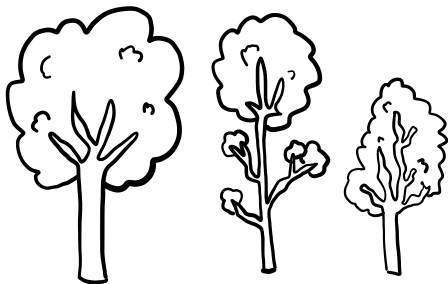
Enjoying the feel of the oneone (soil) through your fingers when you're gardening



Lying on the karaihe (lawn) and noticing how it feels on your tuarā (back)

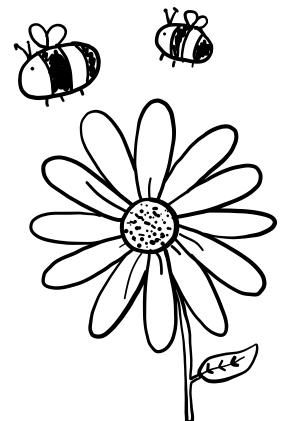


Staring up towards Ranginui (sky), enjoying the sun on your body and cloud shapes



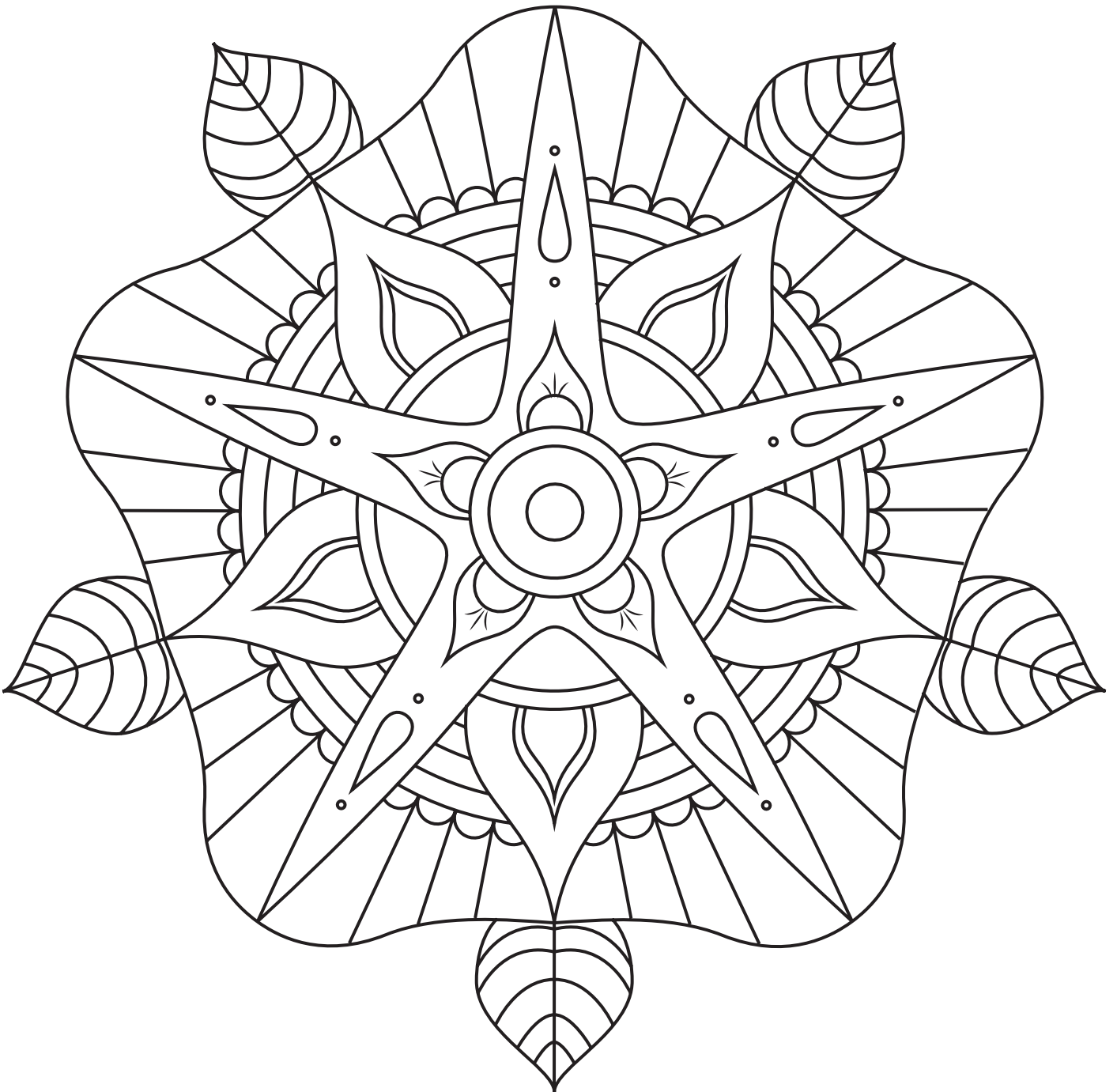
Noticing the light in the rākau (trees) and the sounds they make in the hau (wind)

Stopping to smell the putiputi (flowers) or watch the bees (pī)



Mindfulness Colouring

Here's another way to slow down and relax -
colour in a kūmara flower!

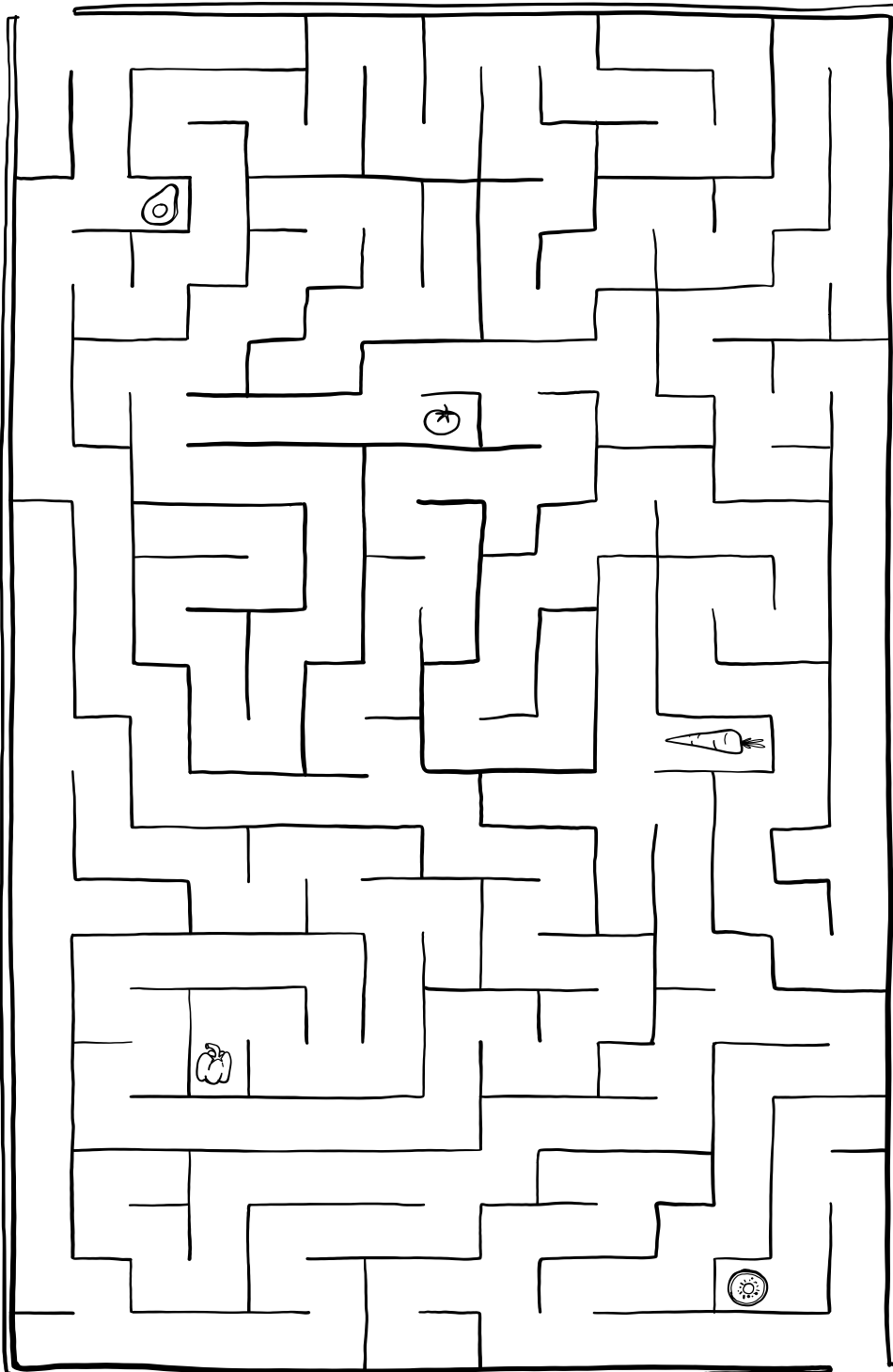
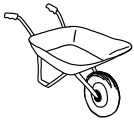


Huripara Run

Activity time

Take your huripara (wheelbarrow) from the start to the finish of the maze. See if you can collect all the huarākau (fruit) and huawhenua (vegetables) on your way!

Start



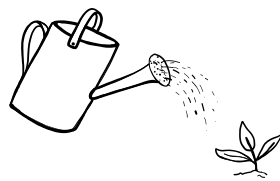
Finish

Whakatō kai - Planting

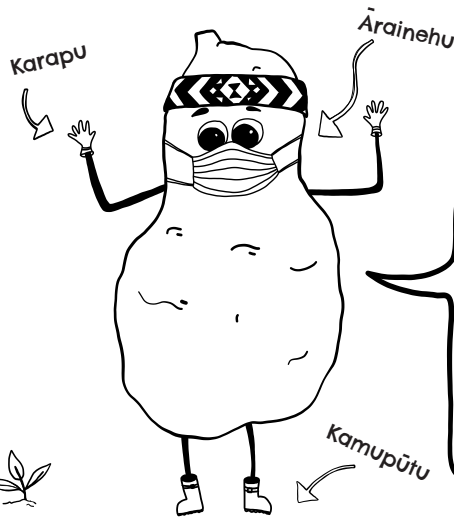
The correct time for planting is mahuru (spring). There are many different kōrero tuku iho (traditions) around Aotearoa and Te Waipounamu for planting. We recommend planting in late October after allowing plenty of time for our tipu to grow healthy and strong!

Plant your tipu into the soil in an L shape around 10cm deep. This will allow your kūmara to grow horizontally without burrowing deep into the whenua (land).

If you are planting lots of tipu, space them out around 40cm apart from each other. Plant your kūmara in a nice warm spot in the full sunshine.



Watering your kūmara is very important and kūmara absolutely love Tamanuiterā (the sun)! Kaua e wareware! Don't forget to weed your māra regularly and lift the rau (leaves) once a week to stop the foliage from taking root into the whenua. If the running rau (leaves) are able to take root into the soil, your plants will spend a lot of energy growing rau (leaves) instead of your kūmara.



Kia tūpato! Be careful!

If you're working with potting mix, there are some important things to remember:

Always wear a face mask

Always wear gloves

Wash your hands before and after planting (soil can contain unwanted organisms).

Harvesting kūmara

It takes around 100-120 days from the planting to the harvesting.

Usually harvesting of kūmara takes place in the autumn when the leaves of our plants begin to turn yellow. It's a great time for the whānau to gather and get their hands into the soil to carefully dig them up.

The skins on our kūmara will be very soft, so be very careful with any gardening tools you are using. We recommend placing your kūmara somewhere nice and warm to cure for 7 days until the skin is nice and firm then store in a cool dry place.

Aunty's Chips

Aunty Harata invited us into her whare to show us how she makes healthy kūmara chips.

Check out the video here: www.sparklers.org.nz/parenting/tuputupu

Ingredients:

- 3 medium kūmara
- Oil spray, or 3 tablespoons of olive/canola oil
- A flat oven dish
- A star-shaped playdough cutter (or a small knife)
- Paper towels or a clean tea towel
- Salt (optional)

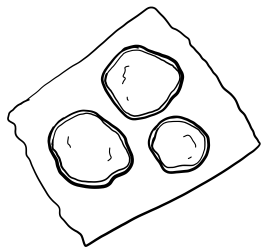
Step 1:

Preheat your oven to 200°C bake/fanbake.



Step 2:

Wash your kūmara (with skins on) then slice them about 1cm thick.

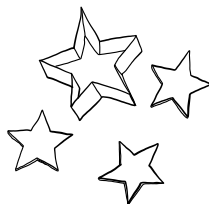


Step 3:

Lay the kūmara slices onto paper or a clean tea towel and pat dry.

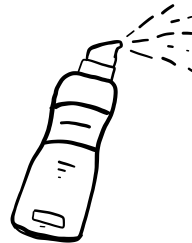
Step 4:

Make shapes from the slices using the star shape cutter (or small knife).



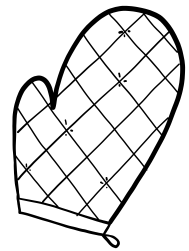
Step 5:

Place the shapes flat on the oven tray and lightly sprinkle or spray with oil.



Step 6:

Cook in the oven for 25-30 minutes or until golden brown.



Step 8:

Add salt if you wish, then serve with your favourite sauce!

