

# Tuputupu

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



Sparklers

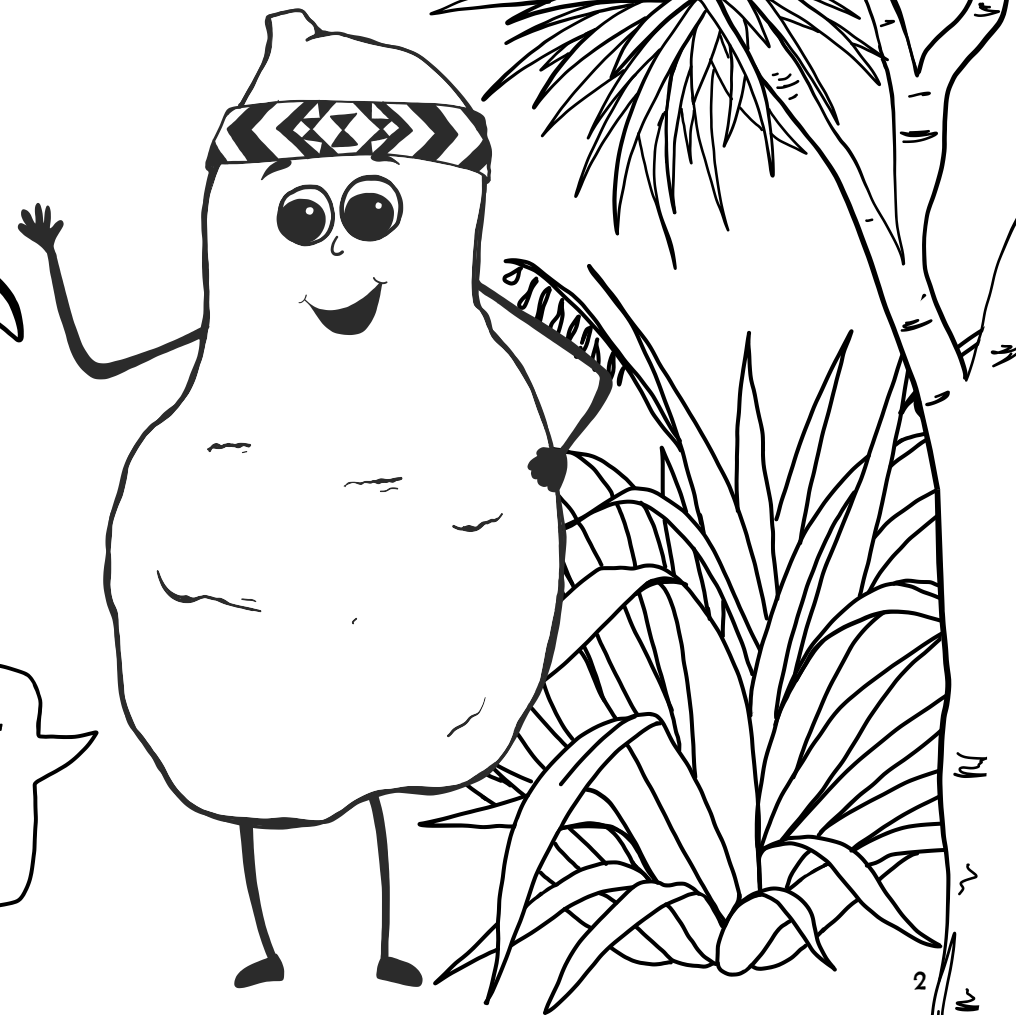
# Kia ora

Nau mai haere mai ki Te Wiki o te Reo Māori.  
Ko Kiri Ahau, and I'm a kūmara.

It's awesome that you've decided to learn some new skills with me over the next few weeks as part of Te wiki o te Reo Māori Language Week and Mental Health Awareness Week.

Over the next few weeks we'll work together to learn even more about te Reo, and our mental health and wellbeing in a unique and cool Aotearoa way. Oh, and why kūmara are super important, and how to grow me!

Let's grow -  
I mean, go.



# Kei te mōhio koe?

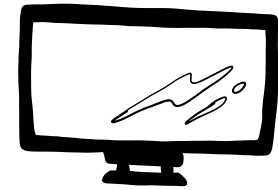
## Did you know?

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

**Do you know the other two?**

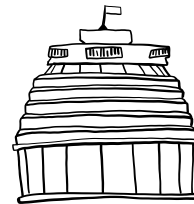


In the early 1860's, te Reo Māori was officially discouraged and some schools even banned it from being spoken.



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.

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



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.

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.

Lots of people have worked really hard so that we all can speak and practice te Reo Māori.

# Tell me...

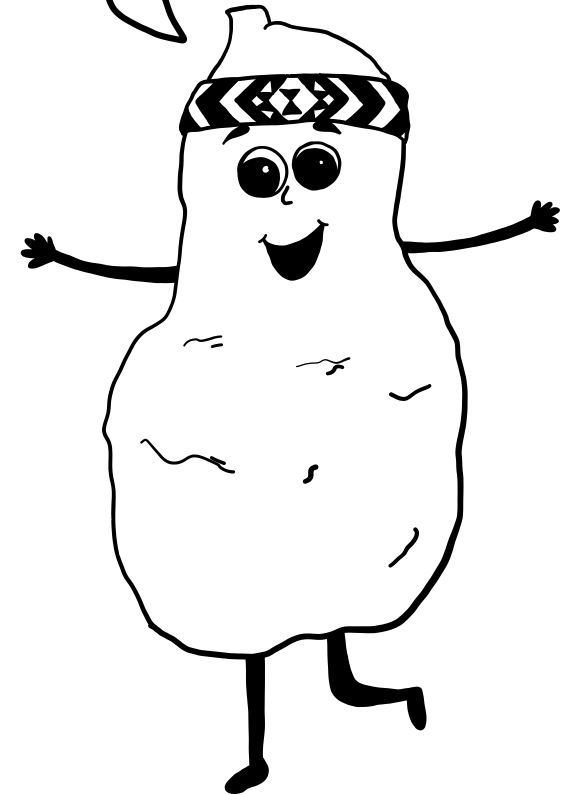
## He aha te take?

Why was there a Māori Language Petition?

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

Ooh and I'm going to join in the Māori language movement. Check out the details at [www.reomāori.co.nz](http://www.reomāori.co.nz)

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






# Ākonga te Reo!


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




How do you feel about learning more te Reo?

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

Super excited 

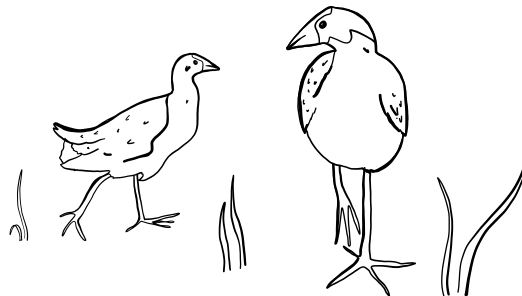
Super nervous 



Why do you think you feel this way?

What do I need to get learning?

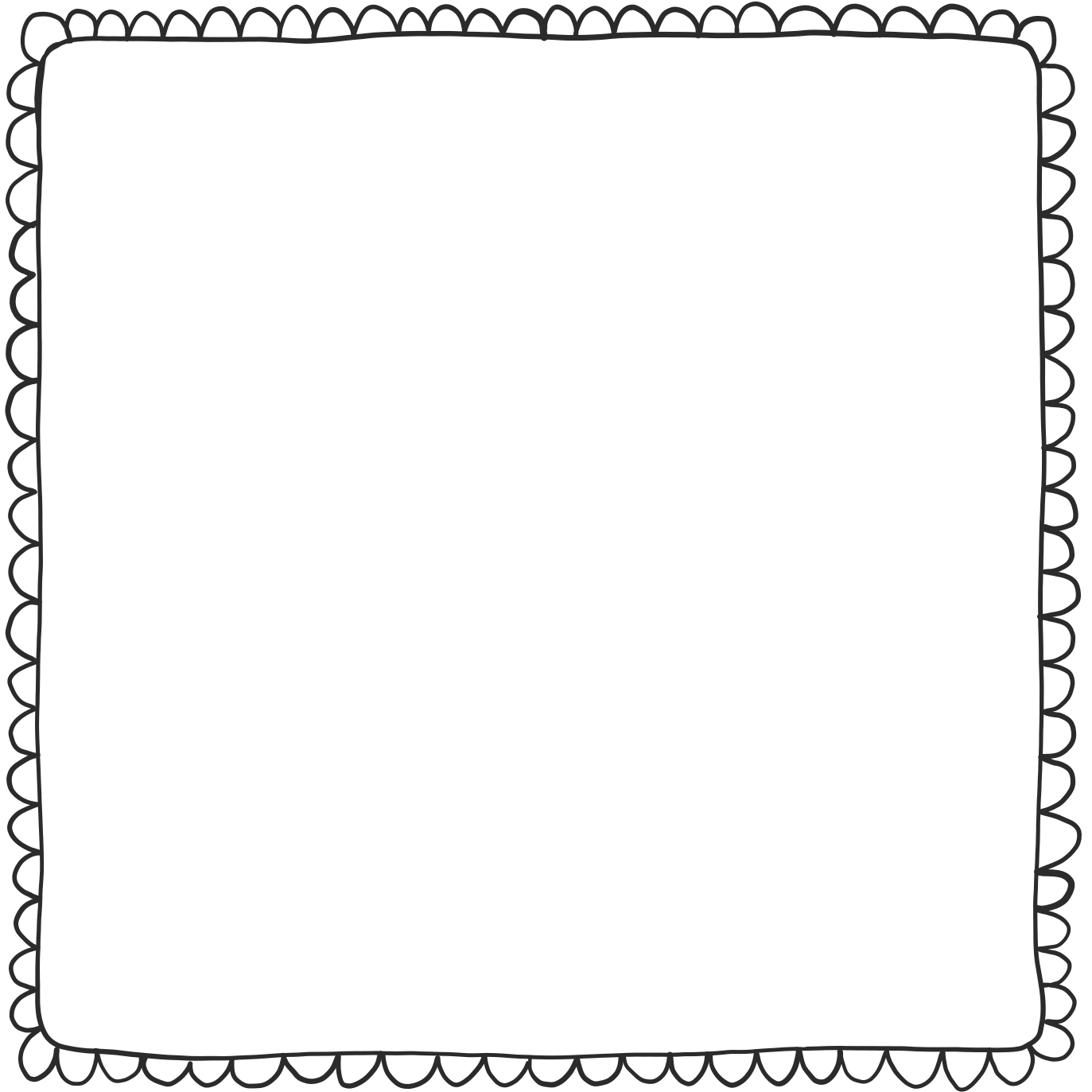
- He wāhi ako - A place to learn
- He wāhi parakitihi - A place to practice
- Some confidence and bravery (māia)
- Some practical things that may help - taupānga (apps), pae tukutuku (websites), kaiāwhina (a cool person to help).
- Time



# Your 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!

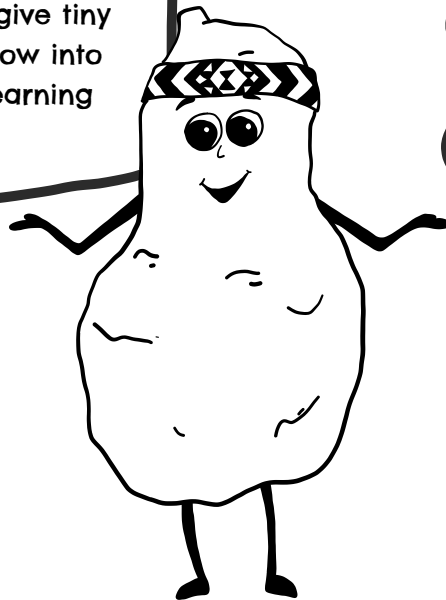
He kōrero rūkahu tēnei, some people think that we are born good or not so good at languages, .

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

Order the growing process from 1-5.  
We've done the first one for you!

Pakiaka /  
Roots

.....



Rākau / Big,  
big tree

.....

Growing  
plant

.....



Kākano /  
Seed

1

.....

Beginning  
to grow

.....





# Let's get growing!

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

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

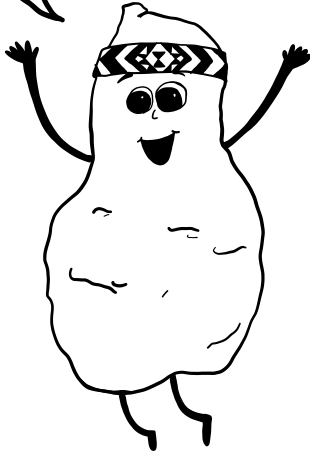
Phrase in English	Phrase in te Reo
Can I please have some screen time?	Tukuna i a au he wā matihiko?

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

Kei runga noa  
atu koe! You're  
awesome!

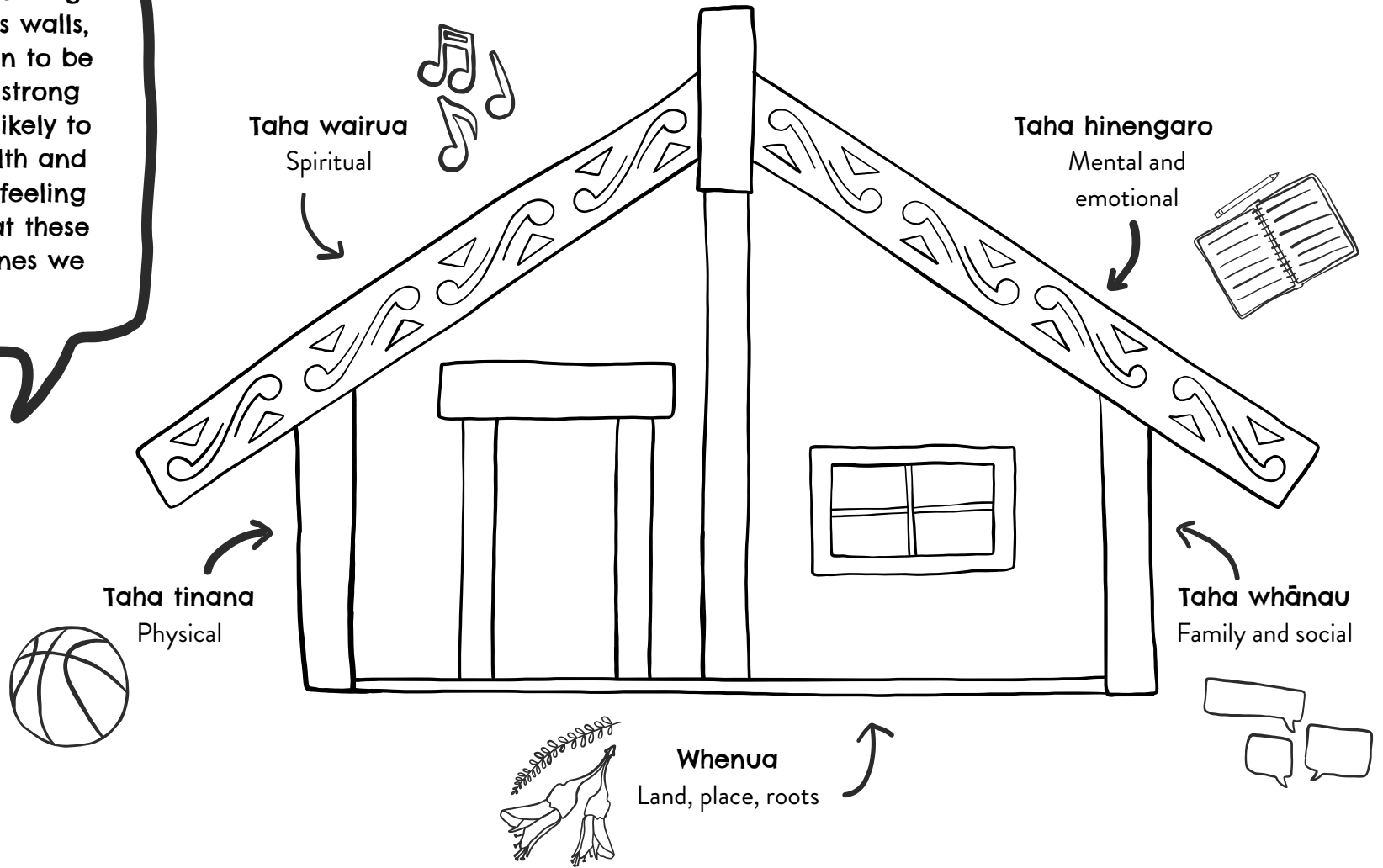
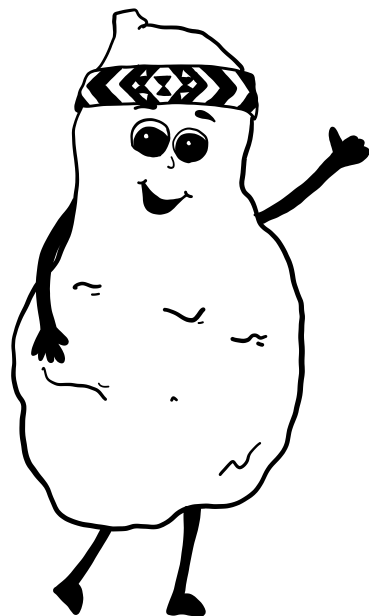


**Take time to kōrero.**  
What's one thing you can say in te Reo,  
that you couldn't at the beginning  
of today?



# 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. If we're not feeling our best, we can look at these areas and see which ones we can strengthen.



# Kūmara word find

Activity time



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

O E P H O D J E H F C M Q J A  
V Z T I X N I P M Ā R A C Ā T  
N U Ū R D Y Y K S R H Q B R H  
E K M K Y Y G I D O J U G A A  
E R A M A X Z E U N F M A I K  
X C T R V M V W O G S I M N N  
T Y A Y A W U X V O D M H E M  
E K U M M P D P Y M M Q W H A  
X K E V I V U X Ū Ā W H Y U P  
U Ō N A H I N N R T M A Q Q V  
S T G Z M O O W G Ā U U J L R  
L T A F R W P K L N A H Z K G  
D I N M G I G E Q E H A N D H  
H P C O N E O N E A G K D G F  
R U G H D T V B A B Y E Q T A

**KŌ**

*digging stick*

**TIPU**

*kūmara slips, shoots*

**RONGOMĀTĀNE**

*Atua of agriculture,  
cultivation and peace*

**MĀRA**

*garden*

**ONEONE**

*soil*

**KAMUPŪTU**

*gumboots*

**KARAPU**

*gloves*

**TŪMATAUENGA**

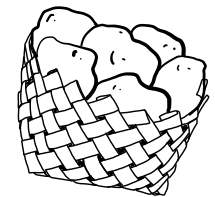
*Atua of warfare, fighting  
and mankind*

**ĀRAINEHU**

*face mask*

**HAUHAKE**

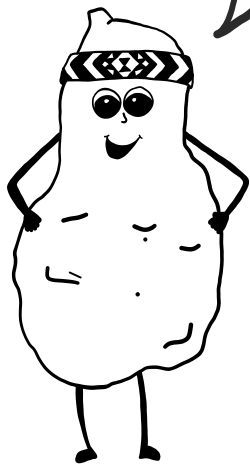
*harvest*



# Te Whare Tapa Whā

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 sides of our whare strong, with the little things we can do each day to keep ourselves and our whānau feeling well!



.Sparklers

Connect the dots to build your whare of wellbeing.

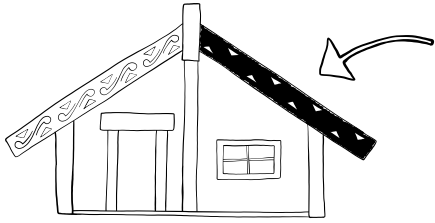
**Taha wairua**  
Spiritual

**Taha tinana**  
Physical

**Taha hinengaro**  
Mental and emotional

**Taha whanau**  
Family and social

**Whenua**  
Land, place, roots



# 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.*

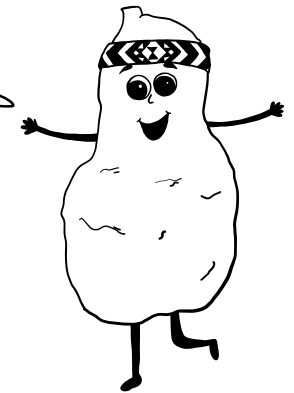
Āta whakaarohia! Have a think about the things we feel we're either good at or not so good at. Like we did at the beginning with te Reo Māori. This is about challenging ourselves to develop a growth mindset and crikey, it is good for us! He kai mā te hinengaro!

**I'm good at:**

.....

**I'm not so good at:**

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

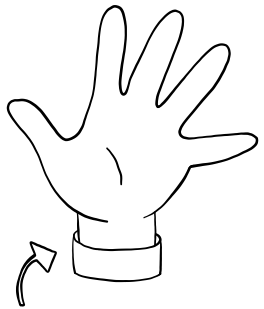


What can I do to get better at this stuff?



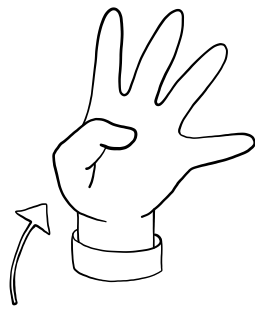
# Me mātau ki tōu hinengaro - understanding our brain

Lots of people associate hinengaro or our 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!

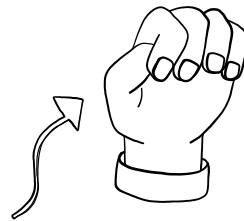


Here's the base of your brain (Pūroro - the brain stem).

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

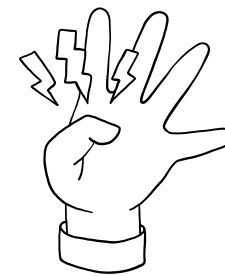


Your kōnui (thumb), folded in, sits in the middle, just like the amygdala in the brain. The amygdala, or the downstairs of your brain, senses danger.



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

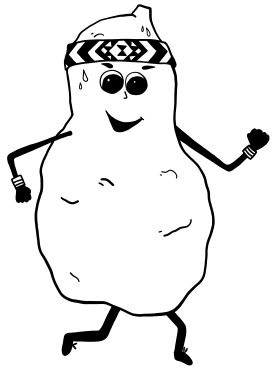
The front of the brain helps us manage our emotions and make choices.



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 your upstairs brain back in control? It could be anything you find relaxing like going for a walk, taking deep tummy breaths, listening to music...



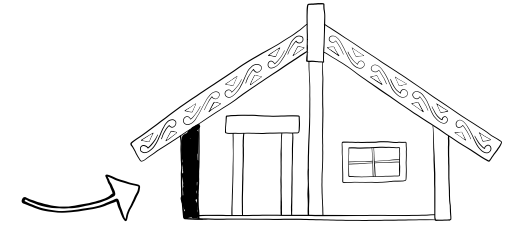
I ain't  
no couch  
kūmara! You  
better watch  
this kūmara  
move!

# Taha tinana

Our physical health

Mauri tū, Mauri ora.

An active soul for your wellbeing.



Now let's get some tinana action in!

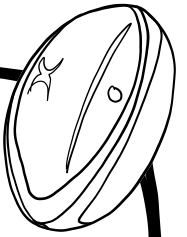
Getting moving and active is a good way to help us feel good.

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



Maybe go outside and do that now!

## Ways to be active, even in bubble time!



Dance!

Play tag with whānau

Try a Hula Hoop

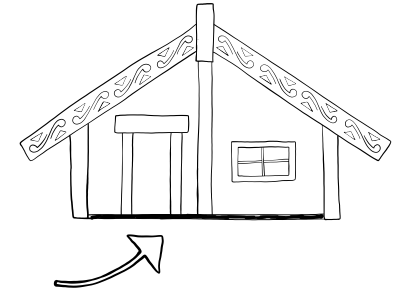
Go for a walk round the neighbourhood

Kick a ball around the backyard

# 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.

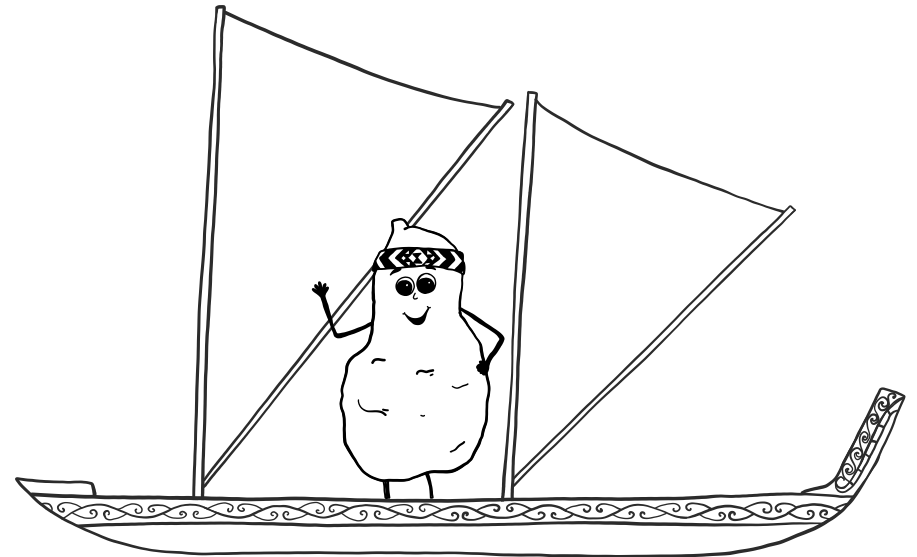


## Te Moananui a Kiwa, Languages of the Pacific

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

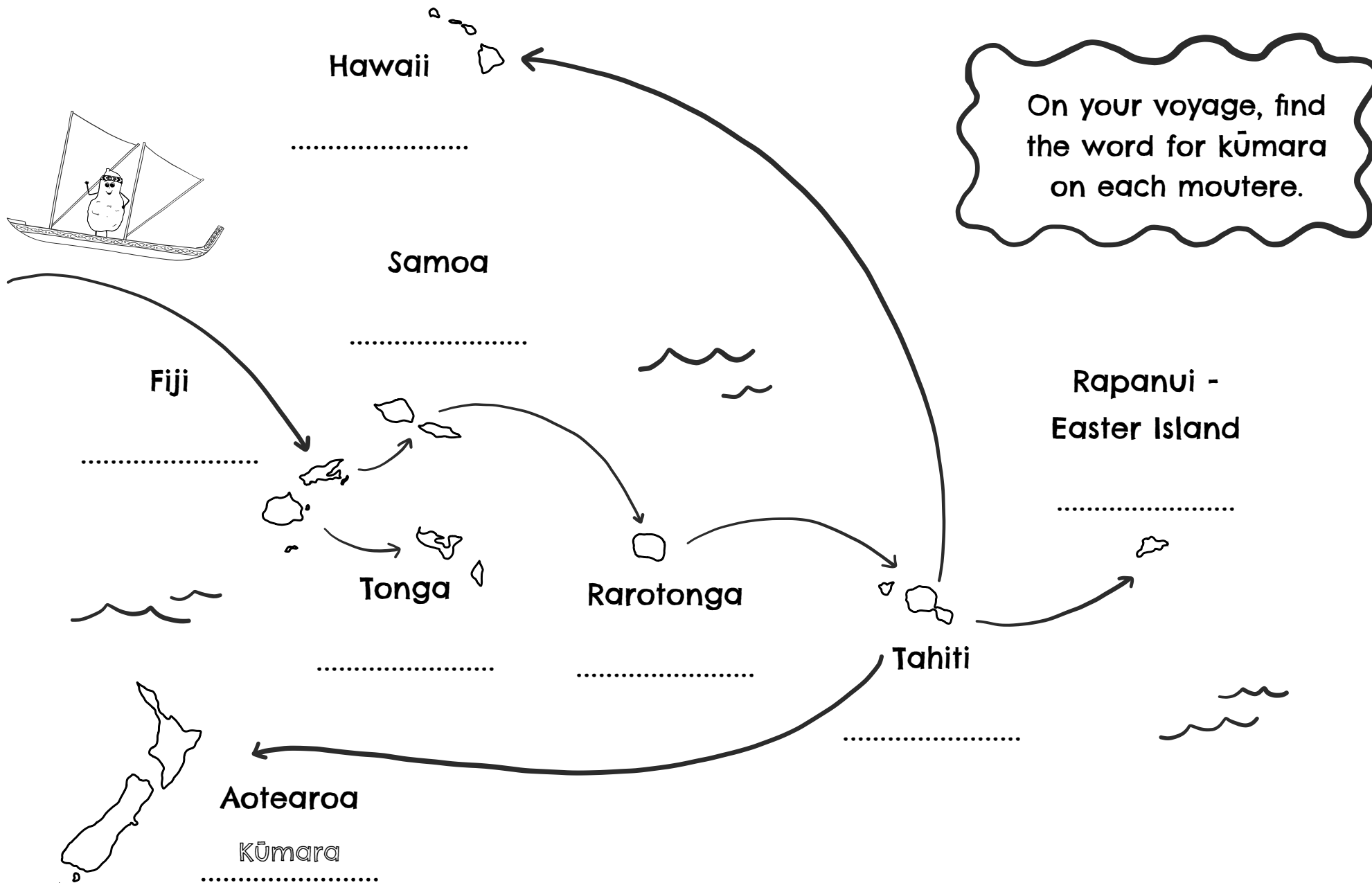
Kei te mohio koe? Did you know? Nō Amerika ki te Tonga tēnei taonga! Kūmara traces its origins back to South America. Most people think (based on the research) that Polynesians voyaged to South America and brought the kūmara back into Te Moananui a Kiwa (Polynesia) with them.

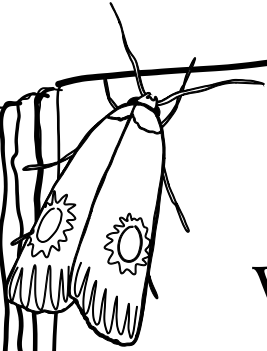


## Instructions

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





## Whakapapa o te kūmara:

History of the kūmara in Aotearoa

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

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

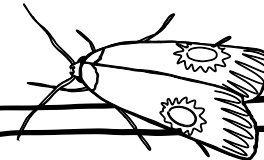
Gardening and kūmara growing connect back to the survival of our earliest tīpuna! Rongomātāne is the brother of Tūmatauenga the Atua of warfare, fighting and humankind.

456

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 kūmara 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 kūmara as a gift for his wife Pani Takirau, who birthed the kūmara into the world. As utu (response), Whānui sent down Anuhe (the kūmara moth) to destroy the leaves of the kūmara. 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.

457



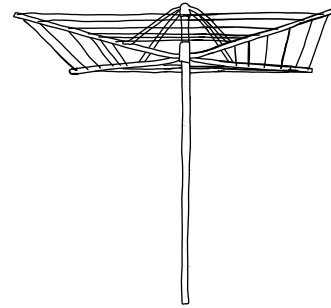
# My backyard

This is all about the importance and specialness of Aotearoa, our whenua. The place we call home - our own backyard...

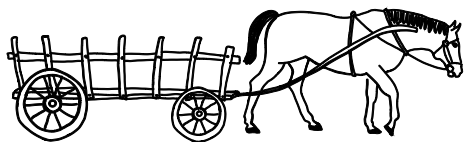
One great kīanga or saying in te reo Pākehā, is 'in your own backyard'. All these sayings and history come from right here in Aotearoa. They connect us to the special places that we call home. Our own backyard!

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

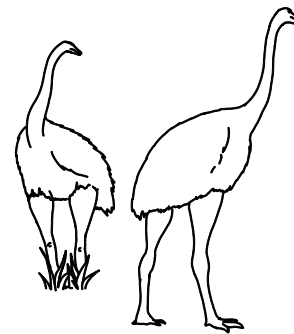
*Draw three pics of your own backyard over the history of time...*



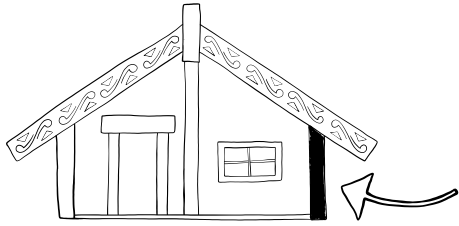
Now



1840



1405



# 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.

Whānau matter because they help us learn nearly everything we do and know.

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

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

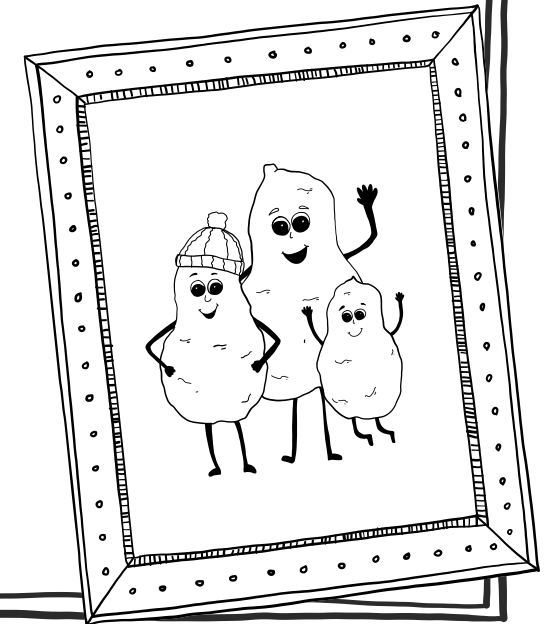
Remember te whānau aren't always directly related to us. They are people we love and who love us too.

## Whānau poster

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!



# Take time to kōrero with a kaumātua or kuia

Here are some ka pai questions you could ask:

What is your full name?

And what were your favourite games?

What is your earliest memory?

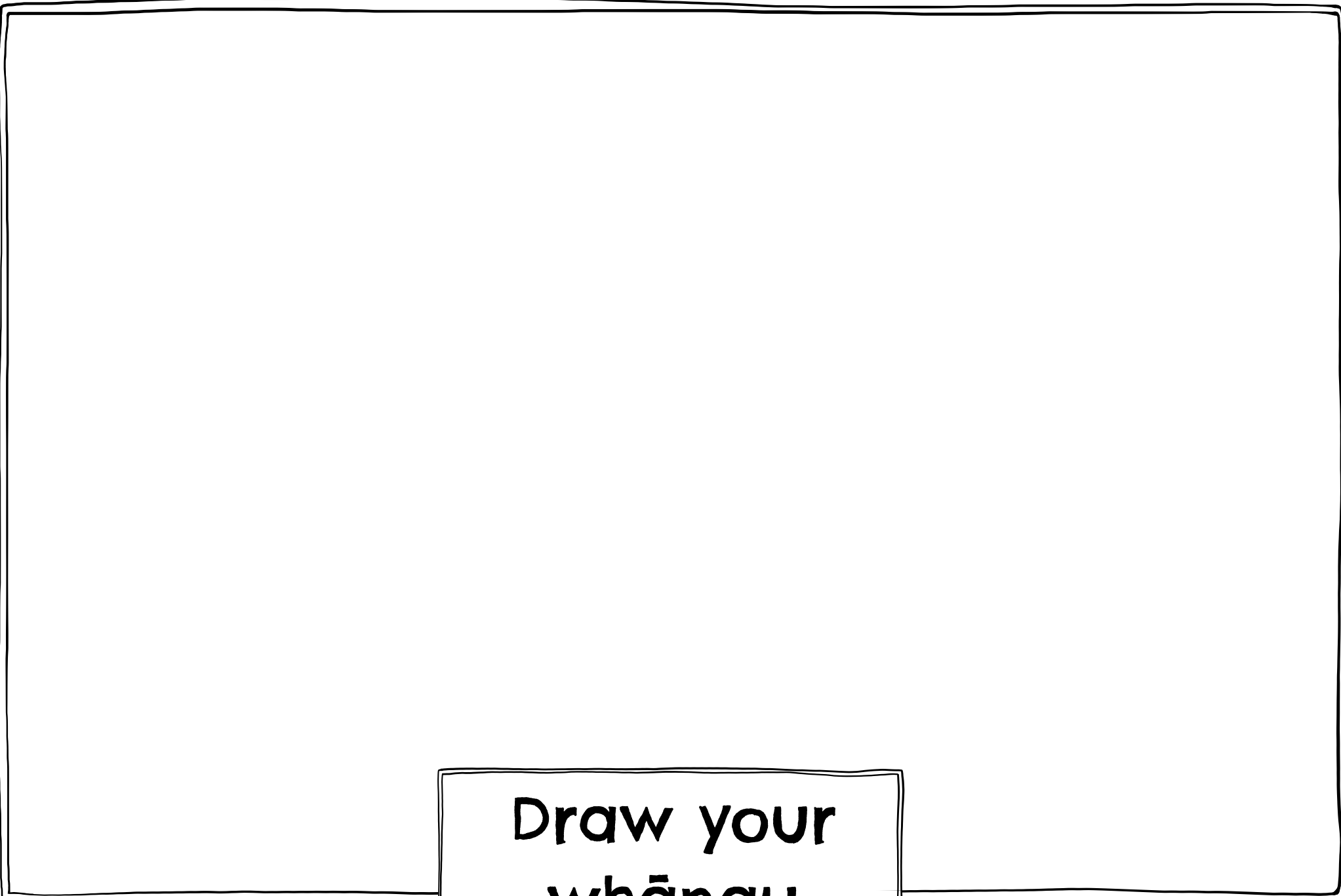
What are your happiest memories?

Where did you live when you were my age?

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

Growing up, what was your favourite kai?





Draw your  
whānau

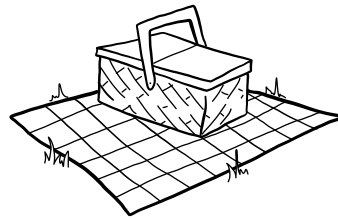
# Cool things to say and do with whānau

Me mahi toi tātou!  
Let's make art together!

Me kai ki waho!  
Let's eat outside

Kei hea tōku ārainehu?  
Where is my face mask?

Tangohia ō hū!  
Let's take our shoes off!



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



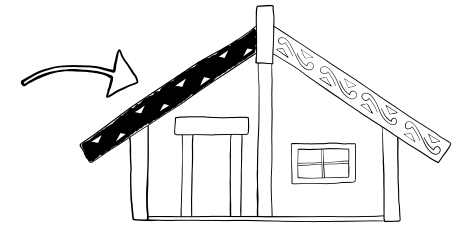
Me tākaro kēmu ki waho!  
It's time to play a game outside!



For other great outside adventures check out  
[www.sparklers.org.nz/outsideadventures](http://www.sparklers.org.nz/outsideadventures)

# 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.

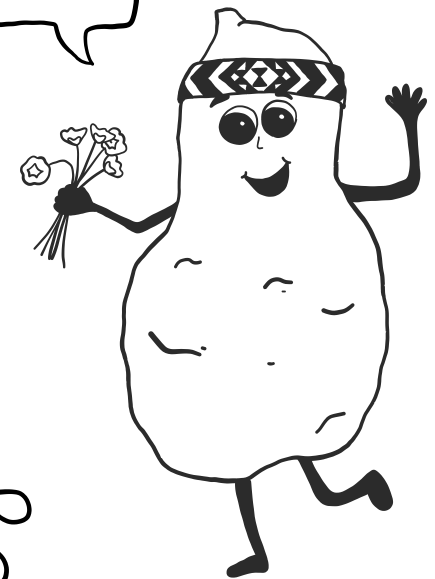
It's time now to think about our wairua.

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.

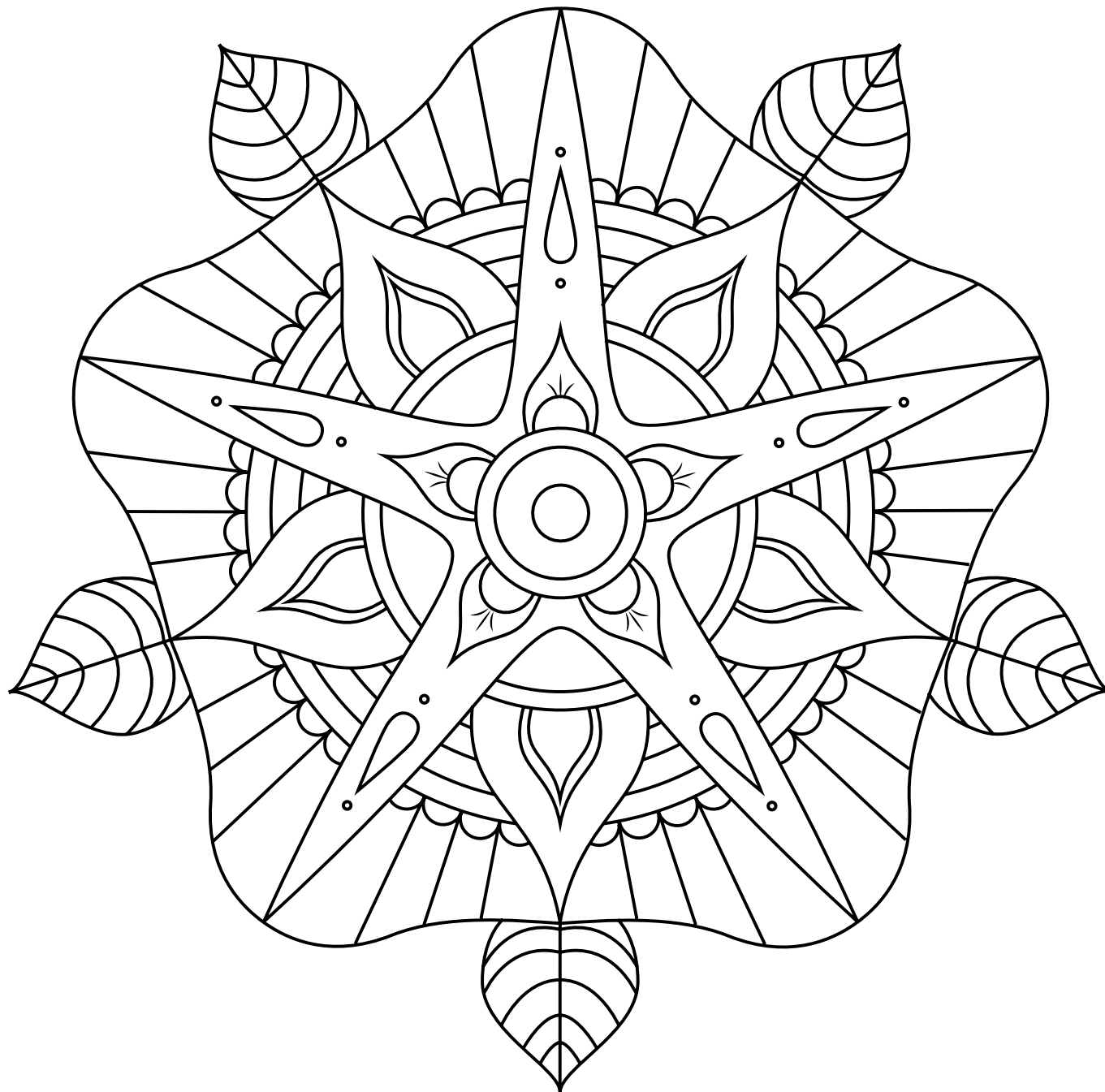
Wairua can be connected with mindfulness. There's lots of mindfulness activities and taupānga (apps), and it's all about enjoying the moment and a sense of rangimārie (peacefulness).

Mindfulness supports our wairua, like when we colour in. Check out the mindful colouring on the next page, with the prettiest putiputi (flower) ever... the kūmara flower of course!



# Mindfulness colouring

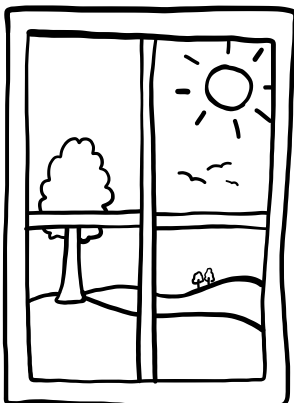
Here's another way to slow  
down and relax - colour in a  
kūmara flower!



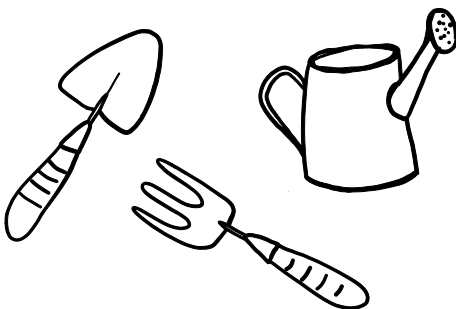
# Mindfulness and taking a breather

Awesome ideas to try that help boost our wairua!

Noticing  
what's outside  
the matapihi  
(window)



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

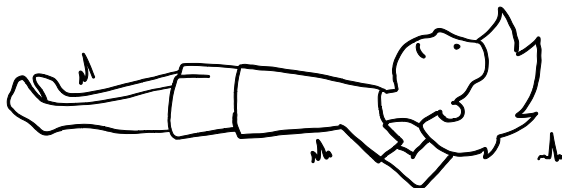


Noticing the light in the rākau  
(trees) and the sounds they  
make in the hau (wind)

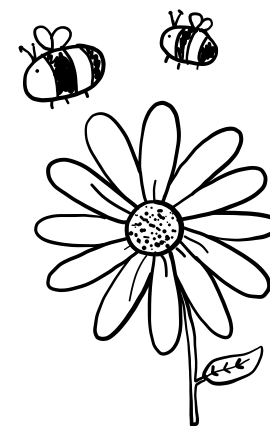


Staring up towards  
Ranginui (sky), enjoying  
the sun on your body  
and cloud shapes

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



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



# Grow kūmara at home - it's super fun and interesting!

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

Growing great kūmara starts with the tipu.

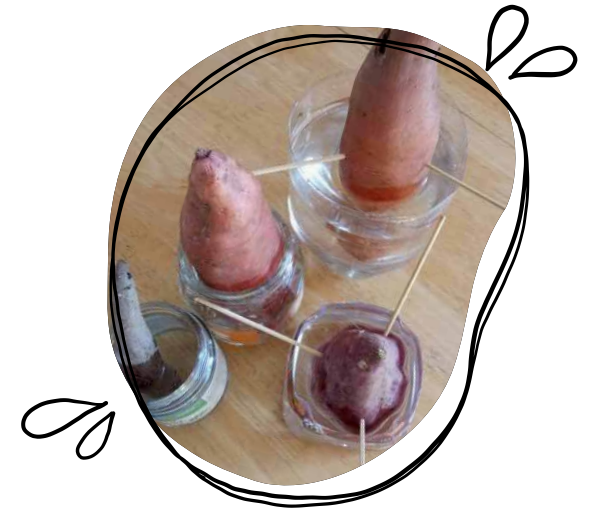
Tipu are the little shoots that grow on kūmara to grow new kūmara – how cool, right!



## Get yourself a kūmara!

One of the easiest places to get kūmara is your local toa hokomaha (supermarket) and if you buy a few you can make some yummy kūmara chips to share (page 27). 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 and when to plant them online at [sparklers.org.nz/parenting/tuputupu/](https://sparklers.org.nz/parenting/tuputupu/)

# Aunty's Chips

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

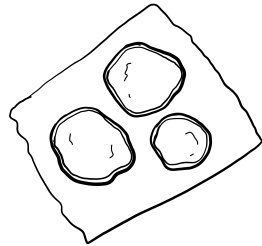
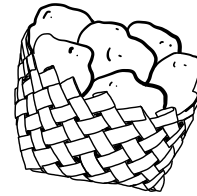
Check out the video here: [www.sparklers.org.nz/parenting/tuputupu](http://www.sparklers.org.nz/parenting/tuputupu)

## 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 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).

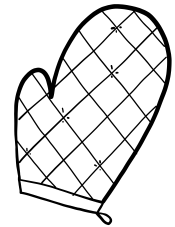


### Step 5:

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 1:

Preheat your oven to 200°C bake/fanbake.



### Step 8:

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



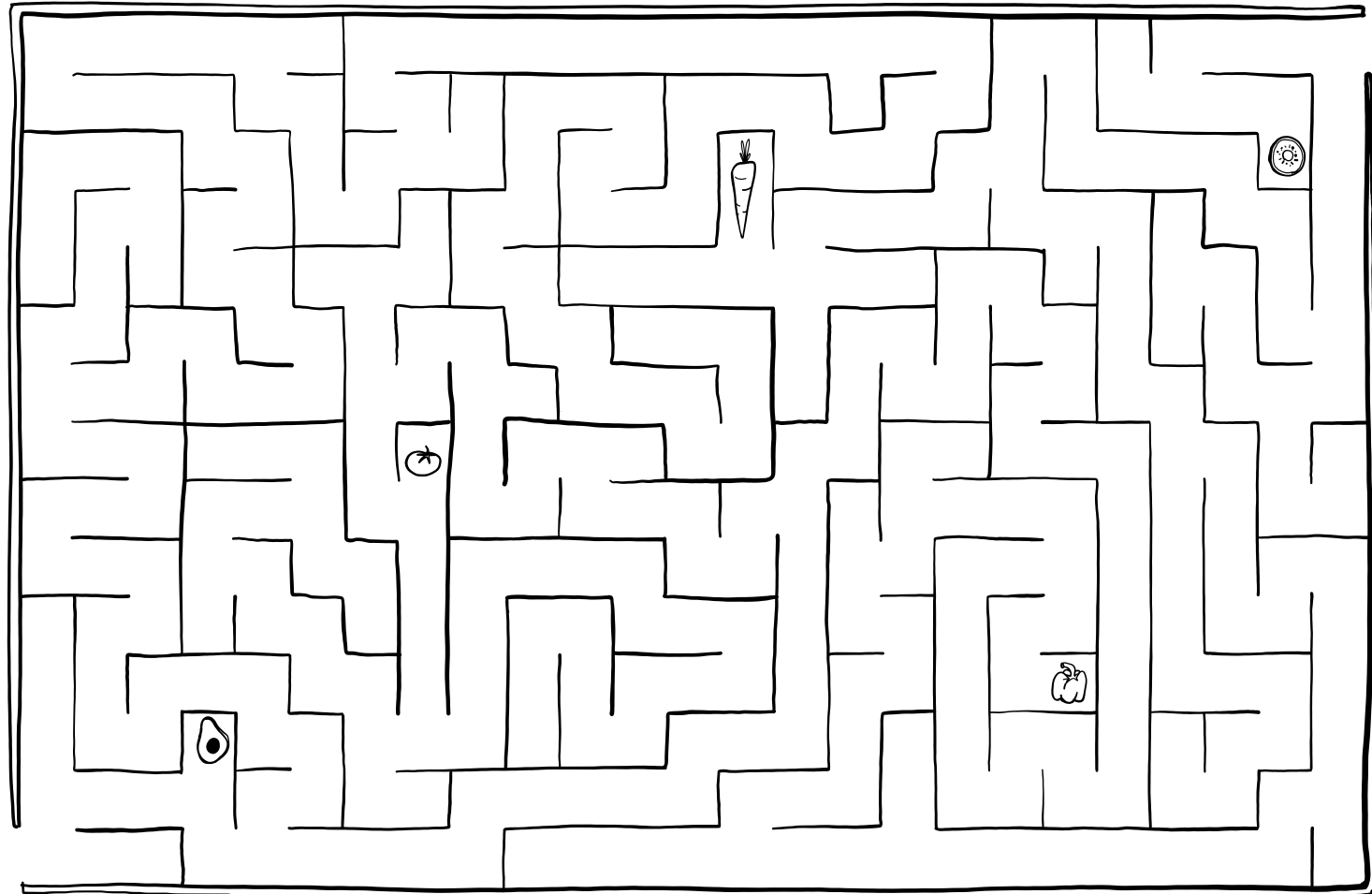
# Huripara run

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**



# Match the kiwiana to the kupu

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

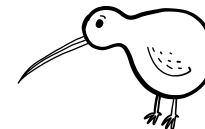


*Draw a line between the English and the te Reo Māori translation!*



Jandal	Kiwi	School	Rugby	Sheep	Book	Pūkeko	Buzzy bee	All Blacks	Silver Ferns
--------	------	--------	-------	-------	------	--------	-----------	------------	--------------

Kura	Hipi	Rau Hiriwa	Kapa Ōpango	Pukapuka	Whutupero	Pī rangorango	Kiwi	Hanara waewae	Pūkeko
------	------	------------	-------------	----------	-----------	---------------	------	---------------	--------



# More whānau fun

There are lots of fun, free things whānau can do together to boost wellbeing. Here are some cool activities you could try - they incorporate the principles of positive psychology and are easy to adapt and reuse.

## Share some feel good memories:

Talking about your positive memories can bring back the feelings we associated with them at the time – pretty cool huh?

## Read aloud or escape in a talking book:

Choose a cool book and treat the story reading like a movie night without the pictures! Feeling cozy helps us relax.



## Lie on the lawn and watch the clouds:

A wee bit of mindfulness and a whole lot of being present and taking notice!



## Try something you don't feel that confident doing:

Often we think we're not good at something simply because we've developed a fixed mindset around it. Challenge a fixed mindset you have around an activity, whether it's baking, singing, dancing, learning maths or something else! This is a good way to let go of whatever's holding us back.

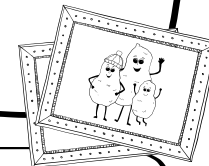
## Play Cards:

If you can steer clear of too much competition, playing cards brings us into the present (stops us thinking too much!), boosts our concentration and again, it's more together time. All good for us!



## Sort out your treasures:

Get around to doing the family album or an album for certificates, letters and special things. This is another way to recall positive memories, talk about our past and celebrate our achievements.



## Build a play space:

Make a hut outside and have a picnic there or nestle in to play – a li'l bit of fun and a little bit of imaginative time.

For more fun, family ideas visit  
Sparklers At Home:  
[www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)