

## TE WHARE TAPA WHĀ

Te Whare Tapa Whā is represented by the four walls of a whareniui (meeting house).  
Each wall symbolises the elements necessary to sustain and improve **HAUORA** (health and wellbeing).  
Each aspect influences and supports the others.



### Taha Whānau (Family Health) (Social: belonging, sharing & caring)

#### Me whakawhanaunga (CONNECT)

- Talk & listen
- Be there
- Feel connected

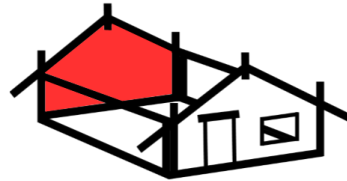
#### Tukua (GIVE)

- Your time

Connecting with others - friends, whānau & people in the community help provide support.

#### Actions:

- Email or face time a friend
- Talk with whānau (family)
- Place a teddy bear in the window to be spotted by members of your community



### Taha Tinana (Physical Health) (Active movement)

#### Me kori tonu (BE ACTIVE)

- Do what you can
- Enjoy what you do
- Move your mind

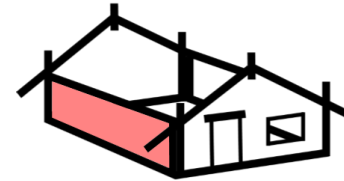
#### Tukua (GIVE)

- Your presence

Physical activity can encourage social interaction.

#### Actions (with someone in your bubble):

- Play a modified game of sport (e.g. 1 on 1 basketball, touch rugby, football or hit and run using a bat & ball)
- Weed the garden together
- Throw a ball or frisbee



### Taha Hinengaro (Mental Health) (Emotional: thoughts & feelings)

#### Me ako tonu (KEEP LEARNING)

- Seek new experiences
- Explore opportunities
- Surprise yourself

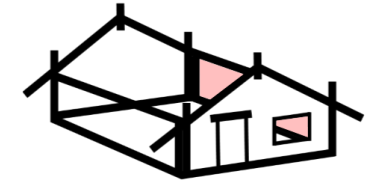
#### Tukua (GIVE)

- Your words

Gaining & sharing knowledge, skills & abilities gives you a purpose & improves your self-worth.

#### Actions:

- Learn a new skill (e.g. how to cook pancakes, how to balance on a fence post or ride your bike without holding onto the handlebars)
- Teach someone else something you know (e.g. how to express yourself through dance)



### Taha Wairua (Spiritual Health) (Faith & spiritual awareness)

#### Me aro tonu (TAKE NOTICE)

- Appreciate the little things
- Savour the moment
- Pay attention to present thought & feelings

#### Tukua (GIVE)

- With a willing spirit

Mindfulness improves self-knowledge; allowing you to find stillness, spaciousness, & openness.

#### Actions:

- The link allows you to experience mindfulness through Maori stories & movement. [Video 1 - Our Atua - a story of Ranginui & Papatūānuku](#)

This resource connects Sir Mason Durie's **Te Whare Tapa Whā** and The Mental Health Foundation of New Zealand's [The Five Ways to Wellbeing](#) (Connect, Be Active, Take Notice, Keep Learning, Give) to help people find balance, build resilience and boost hauora or health and wellbeing.