

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

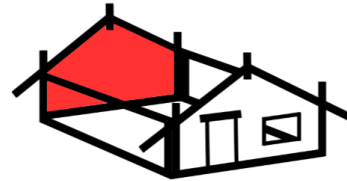
Tukua (GIVE)

- Your time

Connecting is about being there for others: talking & listening, doing things for others, feeling a sense of belonging.

Actions:

- Listen to your mother / caregiver tell you what she valued about her mother & tell her what you value about her.
- Prepare a meal & share it together.
- Sing a meaningful song for your mother / caregiver.



Taha Tinana (Physical Health) (Active movement)

Me kori tonu (BE ACTIVE)

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

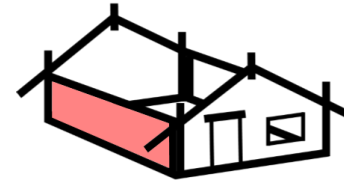
Tukua (GIVE)

- Your presence

Physical activity can improve well-being.

Actions (with someone in your bubble):

- Complete a whānau scavenger hunt including finding something to make your mother / caregiver smile.
- Each person in the whānau actively showcases their talent (e.g. longest handstand).



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

Me ako tonu (KEEP LEARNING)

- Seek new experiences
- Explore opportunities
- Surprise yourself

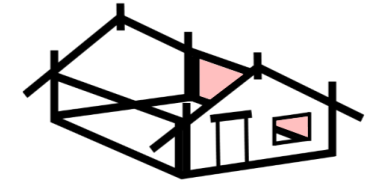
Tukua (GIVE)

- Your words

Giving help develops strong social cognition.

Actions:

- Give a compliment to everyone in your house.
- Each day assign someone to act as a detective to identify acts of kindness performed by others (e.g. hanging out the washing). Report back at meal time to everyone.



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. Demonstrate gratitude.

Actions:

- The link allows you to experience mindfulness through Maori stories & movement. [Video 2 - The Stars of Matariki](#)
- Thank your mother / caregiver for something specific.

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.