

## 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 whakawhānaunga (CONNECT)

- Talk & listen
- Be there
- Feel connected

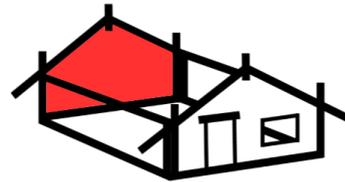
#### Tukua (GIVE)

- Your time

Celebrate sport with others.

#### Actions:

- Watch the Paralympics with your whānau.
- Discuss with your whānau, your favourite events & why you enjoyed these events.



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

#### Me kori tonu (BE ACTIVE)

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

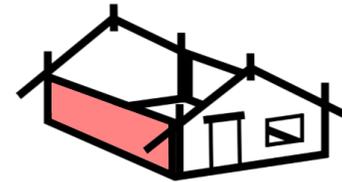
#### Tukua (GIVE)

- Your presence

Use physical challenges to help us understand the lives of others.

#### Actions:

- Challenge yourself for a day by using only your non-dominant hand (if you are right handed use your left) for daily tasks such as eating & dressing.
- Talk to someone about how this was.
  - How were tasks more difficult?
  - How much longer did tasks take?
  - Were others helpful to you?
  - Was the experience fun or frustrating?



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

#### Me ako tonu (KEEP LEARNING)

- Seek new experiences
- Explore opportunities
- Surprise yourself

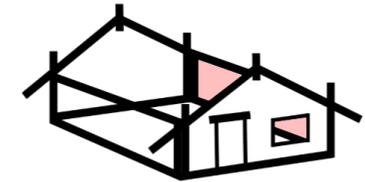
#### Tukua (GIVE)

- Your words

Explore and try different things.

#### Actions:

- Find out about a successful New Zealand Paralympic athlete. Share with a friend about:
  - What was the name & background of the person?
  - What medal did they gain, in what event?
  - What qualities does this person have that enables them to do well?



### 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

Take time to reflect about what makes you strong. For example your faith that makes you feel connected, knowing you are not alone.

#### Actions:

- Think about how your values, belief system or faith can help you succeed in life.
- Share this with someone else, using an example from your personal experience.

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.