

Training.

Te Whare Tapa Wha

Get a complete view of wellbeing, through the holistic Maori wellbeing model, Te Whare Tapa Wha.



So what is Te Whare Tapa Whā?

Te Whare Tapa Whā is a good way to take a big picture view of our wellbeing. The wharenuī, or meeting house has four walls. All four walls need to be strong to hold up the structure of the wharenuī, and the same goes for our wellbeing. There are four key areas needed to uphold our wellbeing: Te Taha Tinana – physical wellbeing, Te Taha Hinengaro – mental and emotional wellbeing, Te Taha Wairua – spiritual wellbeing and Te Taha Whānau – family and social wellbeing.

Te Taha Tinana – Physical Wellbeing

Good physical health provides a base from which we can respond to our normal everyday activities. When our physical health isn't good it can lead to increased worry, losing our vibe for life or reducing the amount of good emotions we are capable of. It affects our resilience and makes it harder to bounce back from the knocks of life. Staying fit and well allows our mental health to flourish.

Te Taha Hinengaro – Mental and Emotional Wellbeing

Our mental and emotional health is often what we notice first when things aren't going so well. It's important to do all we can to keep this healthy before stressful events occur in our life. Working on our mental wellbeing equips us with the resilience we need to face life's journeys.

Te Taha Wairua – Spiritual Wellbeing

Our wairua, or spirituality, is one of the most overlooked cornerstones of health. A strong wairua means knowing who we are, where we come from, and connecting to something greater than ourselves. We can foster this by being spending time reflecting or doing things that make us happy.

Te Taha Whānau – Family and Social Wellbeing

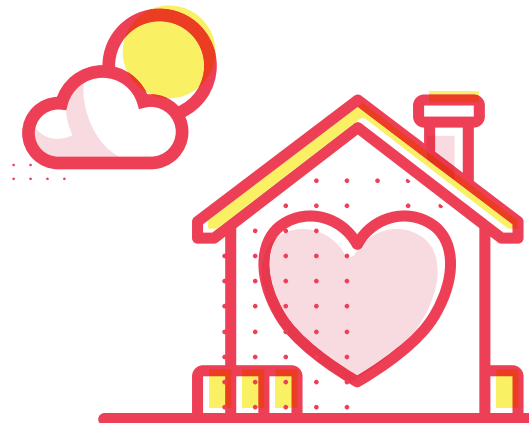
Our families, friends and communities provide a sense of belonging and support. They are the backbone to strong, resilient individuals. Belonging to family and community allows us to learn, grow and experience the ups and downs of life without being alone.

Many people's families provide care and sustain them when things don't go so well in life. Others use a strong community of friends to do this. No matter who your family is, staying connected is a good way of protecting yourself from stress and distress.

Training.

Te Whare Tapa Wha

To prepare the Te Whare Tapa Wha activity, follow the steps below.



What you'll need

- 2 sheets A2 yellow card
- 2 sheets A2 purple card
- Scissors
- Felt Pens
- Permanent Marker



Resource Instructions

1. Cutting your Triangles

Cut each sheet of card into two large triangles. You should have 8 triangles – 4 yellow and 4 purple. The yellow card represents positive wellbeing, and the purple represents when wellbeing is not-so-good.

2. Label your Triangles

Label each yellow triangle with:

- (+) Te Taha Wairua – Spiritual Wellbeing
- (+) Te Taha Whānau – Social Wellbeing
- (+) Te Taha Hinengaro – Mental and Emotional Wellbeing
- (+) Te Taha Tinana – Physical Wellbeing

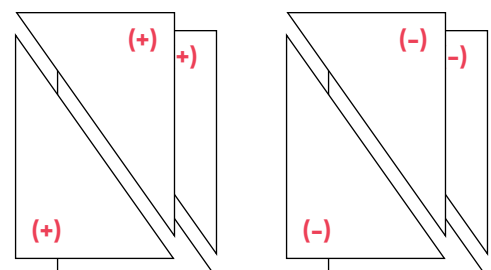
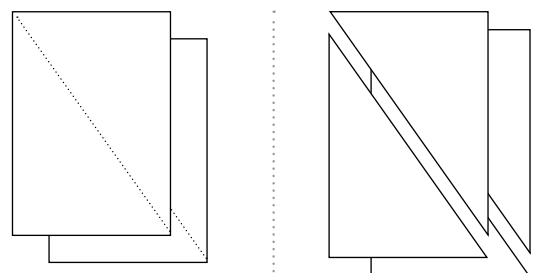
Label each purple triangle with:

- (-) Te Taha Wairua – Spiritual Wellbeing
- (-) Te Taha Whānau – Social Wellbeing
- (-) Te Taha Hinengaro – Mental and Emotional Wellbeing
- (-) Te Taha Tinana – Physical Wellbeing

3. Organise pieces

At the end of the exercise, bring all of the pieces together one-by-one to resemble the whare.

Cutting your Triangles



Training.

Te Whare Tapa Wha

Another way to get a holistic view of wellbeing is through the holistic Maori wellbeing model, Te Whare Tapa Wha.



Purpose of Activity

Participants will gain a greater understanding of the components of wellbeing and its supportive factors by learning a holistic wellbeing model.

What you'll need

- Te Whare Tapa Whā Triangles (See Resource Setup previous Page)
- Felt pens
- Permanent Markers

Set Up Activity

Each taha has two coloured triangles. One sheet for what a good taha looks like, and one for what not-so-good taha looks like. There should be eight triangles in total. Place each triangle on the floor around the space with some felts (make sure to alternate between yellow and purple when placing the triangles around the space).

The Activity

1. Explain Te Whare Tapa Whā.

Start by explaining Te Whare Tapa Whā.

- It is a holistic Māori mental health model.
- Each wall of the whare represents a different side of health. Talk to each of the walls of wellbeing and provide an example for each wall.

2. Talk to these ideas

What does it look like for you, what do you see in yourself, what do you see in others?

- Te Taha Hinengaro – Mental and Emotional Wellbeing
- Te Taha Tinana – Physical Wellbeing
- Te Taha Whānau – Social Wellbeing
- Te Taha Wairua* – Spiritual Wellbeing

* Te Taha Wairua (Spiritual wellbeing) is often quite a difficult topic for young people to understand.

Explain that spiritual wellbeing can come in many forms – this can include religious beliefs and practices, but for those who are not faith based it can be any connection someone feels to something bigger than themselves, when someone feels at peace doing something, or when they feel their whole self.

An example of this could be the peace someone feels when they are surrounded by nature.

3. Break into groups

Break the young people into groups and assign each group to a triangle station (determine this depending on the size of your group).

Training.

Te Whare Tapa Wha CONT'D

4. Explain the Triangles

Explain that the yellow triangles represent when our wellbeing is positive and healthy, and that the purple triangles represent when our wellbeing is not-so-good.

5. Invite them to consider the wall

Ask the group to think about the wall in front of them with the questions – What does it look like for you, what do you see in yourself, what do you see in others? (Write this prompt where the group can see it for reference throughout the activity).

6. Discuss and Write

Each group has a quick fire discussion and writes up their responses to the prompt on their triangle.

7. Rotate!

Call time, and make sure that each group rotates to the next triangle.

Repeat this process.

8. Form a Circle

Once each group has visited all of the triangles, or you feel that the group has completed enough triangles, gather everyone into a circle.

9. Share the Whare

One-by-one, ask your groups to read out what wall they have and some of the responses. Affirm and paraphrase their statements, and place the triangle into the whare formation (see resource guide). Continue until the whare is complete.

10. Summarise

Once this is complete, summarise the discussion.

11. Reiterate

Explain that when one of our walls isn't so good, it affects our whole self. When we recognise this, we can use things from our positive wellbeing walls to bring us into a positive space. When all four walls are strong, we are strong.

- Explain that wellbeing is a natural and fluid journey that is ever changing. Everyone will experience the night/te pō (not-so-good wellbeing), but will eventually come out into the day/te ao (positive wellbeing). Make sure to acknowledge those who are struggling right now – explain that although those that we know, or we might be currently in the night, the day will always come – Te Whare Tapa Whā helps us recognise what stage we're at in our wellbeing journey.

12. Snap a photo!

Take a photo of the activity to serve as a reminder for the group.

