

## Week 5 - Lockdown Health Lesson

### Hauora / Wellbeing

\*\* You may take a few days to complete this task if you wish.

We have been discussing Hauora and Te Whare Tapa Wha in Health and in the Pause, Breathe, Smile, mindfulness lessons. This lesson is about relating the concept of Hauora to your own ideas and examples of what health means for you.

Watch this video to recap - <https://www.youtube.com/watch?v=AemHYVVUppc>

And read this information to recap:

#### Hauora

Hauora is a Māori philosophy of health unique to New Zealand. It comprises taha tinana, taha hinengaro, taha whanau, and taha wairua.

#### Taha tinana - Physical well-being

the physical body, its growth, development, and ability to move, and ways of caring for it

#### Taha hinengaro - Mental and emotional well-being

coherent thinking processes, acknowledging and expressing thoughts and feelings and responding constructively

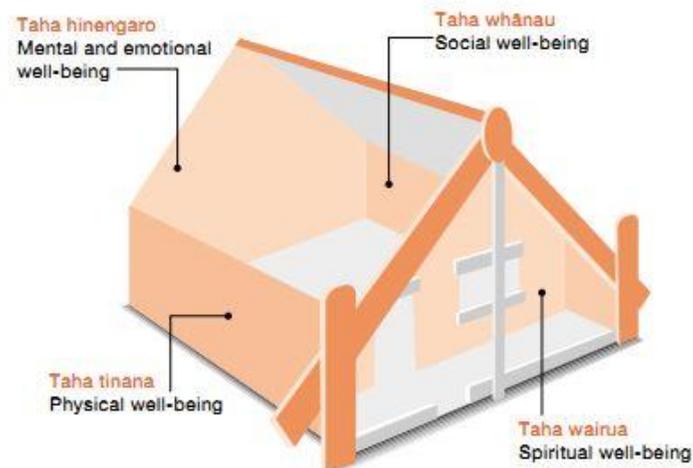
#### Taha whanau - Social well-being

family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion, and caring; and social support

#### Taha wairua - Spiritual well-being

the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness (For some individuals and communities, spiritual well-being is linked to a particular religion; for others, it is not.)

Each of these four dimensions of hauora influences and supports the others.



## TASK ONE

Think about the four walls of the Whare and what they represent for you.

- Write your own ideas that relate to each aspect of your hauora/wellbeing in the table below:
  - Eg Physical – play football, eat chicken wraps, brushing my teeth
  - Eg Social – Meet friends at skate park, spending time with my cousins
  - Eg Mental/Emotional – laugh with my friends, writing in a journal
  - Eg Spiritual – Caring for my siblings, going to church

Physical Wellbeing	Social Wellbeing	Mental/Emotional	Spiritual Wellbeing

## TASK TWO

Now it's time to think about your own culture, roots and feelings of belonging and get creative. We are a multicultural community and different cultures have different traditional houses. Research or discuss with your family, the types of houses that are traditional to your culture. Maybe it is a Whare that you feel most connected to or is it a thatched roof house in England or possibly a 'minka', a traditional Japanese house.

- Create your own wellbeing concept based on your own culture or traditions. Can be drawn, built out of paper or if you want to get really creative use other resources like cardboard or wood. Find resources around the house.
- Take a traditional house from your culture and create it in some way. Could use the video below as a foundation before adding aspects to make it more like your own cultural or traditional house.
  - <https://www.youtube.com/watch?v=iX3seiNalt8> Basic paper house creation video.
- Label the walls of your house with the four aspects of wellbeing.

### TASK THREE

After completing your creation, answer the questions below:

1. Explain the concept of Hauora and Wellbeing in your own words.

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2. What house design did you choose and why?

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3. Choose one example from each aspect and explain why it is important for your wellbeing.

<b>Physical Wellbeing:</b>
<b>Social Wellbeing:</b>
<b>Mental/Emotional Wellbeing:</b>
<b>Spiritual Wellbeing:</b>