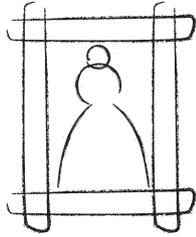


🕒 Fab Fifteen

Reach out to Pōhutukawa

Connect to the spirit of people we love



tākai

tākai.nz

🕒 Happy Hour

Reach out to Tupuānuku

Connect to your garden



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🕒 Fab Fifteen

Reach out to Tupuārangi

Connect to the sky



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🕒 Happy Hour

Reach out to Waitī

Connect to our rivers or lakes



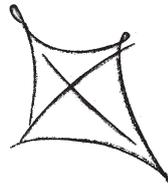
tākai

tākai.nz

🕒 Fab Fifteen

Reach out to Ururangi

Connect to the wind



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tākai.nz

🕒 Gimme 5!

Reach out to Waipunarangi

Connect to the rain



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🕒 Gimme 5!

Reach out to Waitā

Connect to te moana (the sea)



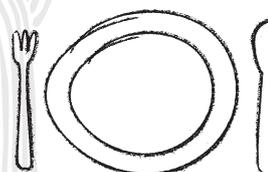
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🕒 Happy Hour

Reach out to Matariki

Connect to Matariki and our environment



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🕒 Fab Fifteen

Connect to Hiwa+te-rangi

Make your wishes!



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How to reach out to Tupuārangi



Tupuārangi

You'll need: a sunny day!

1. Head out to your garden or local park.
2. Keep still and look for manu (*birds*).
3. Watch them in the trees as they fly and perhaps on the ground around you.
4. Kōrero about the names of the manu and things you might know about them.

Extra: draw a picture of the manu (*bird*) you saw in the garden.

How to reach out to Tupuānuku



Tupuānuku

You'll need: a plant and your own garden.

1. Head outside to your garden on a sunny day.
2. Dig a hole in the dirt with your hands or a shovel.
3. Place your plant in the hole and cover the roots. Give it lots of water.
4. Tend to your plant to make sure it stays healthy.

Extra: keep seeds from a pumpkin or kamokamo and plant these in spring.

How to reach out to Pōhutukawa



Pōhutukawa

You'll need: a photo of an ancestor or someone in your whānau.

1. Choose a photo of someone from your whānau you love.
2. Cuddle up on the couch or in a blanket.
3. Share stories about this person.
4. Blow a kiss up to Pōhutukawa for this special person.

Extra: make a special frame for your photo using cardboard and decorations.

How to reach out to Waipunarangi



Waipunarangi

You'll need: a bucket or pot.

1. Find a bucket or pot.
2. Drum your fingers lightly to make the light sound of rain.
3. Try tapping harder to make heavier rain, then back to light rain again.

Extra: on a rainy day or night lie quietly and listen to the rain on the roof. Or try making the sound of rain by tapping your fingers in your bath water.

How to reach out to Ururangi



Ururangi

You'll need: a manu tukutuku (*kite*) if you have one, or ribbons, crepe paper or strips of newspaper and a windy day.

1. Grab your kite, or cut ribbons or strips of paper.
2. Head outside to your garden or local park.
3. Fly your kite or hold the ribbons and paper so they ripple and float on the wind.

How to reach out to Waitī



Waitī

You'll need: a local river or lake or your backyard hose and your kamupūtu (*gumboots*).

1. Head to a local river or lake with a parent or your whānau.
2. Look into the water and see your reflection.
3. Wade into the shallow edge in your kamupūtu – try not to get too wet and cold!

Extra: put on your kamupūtu, use your garden hose and splash in the water!

How to connect to Hiwa-i-te-rangi



Hiwa-i-te-rangi

You'll need: some paper and pens, pencils or crayons.

1. Draw a whetū shape onto paper and cut it out.
2. Write or draw your wish on the whetū.
3. Wait until night time and whisper your wish up to the sky.
4. Hang your star on your wall or fridge.

How to reach out to Matariki



Matariki

You'll need: some paper and pens, kai to share and your Hiwa-i-te-rangi wish.

1. Set a Matariki shared-kai date for friends and whānau.
2. Make some invitations – be sure to include whetū (stars) and give them out.
3. Share kai and enjoy your time together!
4. Once dark, go outside together and send your wishes to Hiwa-i-te-rangi.

Extra: you might like to make whetū shaped chips or cupcakes with star decorations.

How to reach out to Waitā



Waitā

You'll need: music and maybe a light scarf, material or long strips of paper.

1. Put on soft, swishing sea music.
2. Dance and sway like kelp/ seaweed on the tide!
3. Use a scarf or paper strips to dance with – make them move like seaweed!

Extra: head to the beach with your whānau and play in the shallow waves.