

Explore taha whānau

Family and social wellbeing

What is taha whānau?

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with.

Whānau is about extended relationships – not just your immediate relatives, it's your friends, hoamahi/colleagues, your community and the people who you care about. Everyone has a place and a role to fulfill within their own whānau and whānau contributes to your individual wellbeing and identity.

Why is taha whānau an important way to wellbeing?

Spending time with whānau, doing things for them and getting involved gives you a feeling of purpose, connection and wellbeing. It benefits you and builds the strength of your whole whānau. As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing.

Exploring your way to wellbeing through taha whānau

- Is there someone in your whānau you haven't seen or talked to for awhile? Take the time to reconnect. It could be kanohi ki te kanohi/face to face, or even through text or Facebook messenger.
- Organise a whānau reunion – it doesn't have to be a huge thing – a simple BBQ where people bring their own kai would do the trick!
- Contribute to your community Facebook page or start one up – this can be a great way to build strong connections and get to know people in your local area.
- Start a social sports team – invite people from different areas of your life to join!
- Have a whānau fun day – each whānau member can choose one thing they'd like to do with everyone else – it could be a walk, watching a favourite movie, or making a yummy meal.
- Get to know your neighbours – invite people in the neighbourhood around for a cup of tea or go over and introduce yourself.

RĀPARE

THURSDAY

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- Share kai you have grown or caught or prepare a meal for whānau.
- Offer your time to help a friend, hoamahi/colleague or whānau member in need – it could be doing a working bee at their home, looking after their tamariki while they go to an appointment, picking up some basic groceries or taking the rubbish bins out for your neighbour!
- Write cards to people in your life who have made an impact on you – let them know why you appreciate them, just because you can!
- Investigate your whakapapa/whānau history and [learn your pepeha](#) off by heart. Pass this knowledge down to younger members of your whānau too.
- Ask older whānau members to share their life stories. Think about documenting them or building a whānau tree if you haven't got one.



Photo by: @awhiyoga photographer @jaymeephography

REFLECTIONS

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<p>What does taha whānau mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha whānau? Place an emoji sticker here so you can remember how it made you feel:</p>