

# RĀHINA

## MONDAY

### Explore whenua

#### Connection to the land and roots

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##### What is whenua?

Whenua is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone.

Whenua includes soil, rocks, plants, animals and people – tangata whenua. We are linked physically and spiritually to the land – it is the earth through which you are connected to your tūpuna/ancestors and all the generations that will come after you.

You can also think about whenua as your place of belonging – that means the spaces where you feel comfortable, safe and able to be yourself. It could be around your friends, at home with whānau, as part of a sports team or even at your place of study or mahi/work.

##### Why is whenua an important way to wellbeing?

Everything in the Māori world has a life force, the mauri. When our natural resources are not looked after, this life force is weakened. This has a direct impact on mental health and wellbeing.

##### Exploring your way to wellbeing through the whenua

- Get a group together and explore your local maunga/mountain.
- Spend time in a garden or visit a local nursery and enjoy the spring flowers in bloom.
- Gather your whānau and go fruit picking, or visit your nearest farmers market to get some fresh produce. Prepare your kai and enjoying eating it together.
- Challenge yourself to produce less waste. It's amazing to see how much we use each day that isn't necessary! There are plenty of [tips online](#) for how you can reduce, reuse and recycle.
- [Volunteer](#) at an organised beach or river clean-up or [create your own](#). It's a great way to spend quality time together outside and keep Aotearoa beautiful!

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- Give back to the whenua by [volunteering](#) on local conservation projects with DOC. From bird counts and habitat restoration to tree planting – there’s something for everyone.
- Go outside and see how many [native plants](#) you notice. Can you spot any harakeke/flax, pūriri, tōtara, rengarenga/native lily?
- Sit in your backyard or local park and watch the world go by – see how the clouds move across the sky. Take your shoes off and feel the grass beneath your feet.
- Discover the name of the iwi, hapū, maunga and awa of the place you live.
- Learn a karakia, whakataukī/ Māori proverb or waiata/song with birds, plants and nature in it. Say it each morning to start your day. (An example is provided on the following page).



Photo by: @fleuresqueaneandco

For example:



**KORIHI TE MANU  
TĀKIRI MAI I TE ATA  
KA AO, KA AO, KA AWATEA  
TIHEI MAURI ORA**

THE BIRD SINGS  
THE MORNING HAS DAWNED  
THE DAY HAS BROKEN  
BEHOLD THERE IS LIFE.



# REFLECTIONS

## Explore whenua

Connection to the land and roots

<p>What does whenua mean to you and your whānau?</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 whenua? Place an emoji sticker here so you can remember how it made you feel:</p>