

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
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Rāapa – Wednesday

Whenua / Connection to the Land and Roots

Return to nature: Hono ki te taiao

Today's whakataukī: *Ko te whenua ko au, ko au ko te whenua. I am the land and the land is me.*

What is whenua?

Whenua is our connection to the land. It's soil, plants, animals and people – tangata whenua. It's the earth through which we are connected to our tūpuna/ancestors. Whenua is a place of belonging and it's comforting that it is never too far away.

Why is whenua an important way to wellbeing?

In Te Ao Māori, everything has mauri/life force. When our natural resources are not looked after, this life force is weakened, and this directly impacts mental health and wellbeing.

Reimagine wellbeing through whenua:

- Sit in your backyard and watch the world go by. Take your shoes off and feel the grass under your feet.
- If you're not from where you live, discover the name of the local iwi/tribe, hapū/sub-tribe, maunga/mountain, awa/river and moana/sea.
- Cook and share kai you love or you've grown in your garden with your whānau.
- Spend time in your own backyard with your tamariki and remind them that the whenua is where our kai comes from! Find activity ideas [here](#).
- Start your day with a karakia that acknowledges the whenua:

Korihi te manu - The bird sings

Tākiri mai i te ata - The morning has dawned

Ka ao, ka ao, ka awatea - The day has broken

Tihei mauri ora - Behold there is life.

These activity ideas are from our MHAW 2020 Postcard Set. You can [download](#) it in Te Reo Māori or English.

