

**TAKE TIME
TO KŌRERO**
MĀ TE KŌRERO, KA ORA

Mental Health
Awareness Week
27 Sept – 3 Oct 2021

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Whare Tapa Whā Kete Resource Kit

Written by Geneva Harrison; illustrated by Katherine Hall; Te Reo by Moana Keelan. (2020). Tuhi Stationery.

This resource kit is designed as an introduction to [Whare Tapa Whā](#), a wellbeing model developed by leading Māori health advocate Sir Mason Durie in 1984 that describes health and wellbeing as a whareniui. It is a tool to improve the wellbeing of kids and their whānau and have fun at the same time.

It is designed to be interactive, allowing kids to learn through experience by reflecting on the concepts in this model and their own daily wellbeing habits. Self-awareness is encouraged through activities such as keeping a record with a journal, workbooks, activity cards, white board markers, posters, and habit charts. It allows them to get creative with multiple ways to personalise the material, with coloured pencils and affirming sticker slogans to highlight positive progress.

This kit includes a copy of Geneva Harrison and Katherine Hall's book *Whare Tapa Whā*, which showcases how you can use the model. The main character, Michael, and his mum talk through the four walls of the whare tapa whā to help them stay healthy during the coronavirus pandemic.

I think this box set is a real treasure trove and is a fun way to share learnings about the importance of self-care. It is also an opportunity to spark family conversations about what each person likes to do to keep well and feel good.

This review is for the kit for ages 5-8, but the publisher has adapted the resources to tailor for year 1 to year 10, with both Te Reo Māori and bilingual versions.

Reviewed by Kim Higginson, Information Management Specialist, MHF



The Mental Health Foundation's Information Service brings you reviews as part of the Good Reads feature for Mental Health Awareness Week. To view more go to <https://mhaw.nz/>