

# Keep Learning / Me Ako Tonu

Encouraging your students to Keep Learning, be curious and seek out new experiences at school and in life will positively stimulate their brain! The activities listed below are easy examples of how to do this in the classroom.

## Learn a whakataukī/proverb:

Connection to nature is important to people from many different cultures. Connection with nature is a very important part of Māori culture and this is shown in many different whakataukī/proverbs, waiata/song and karakia/prayer.

### Activity 1:

Ask your students if their families or cultures have any special whakataukī about nature (here are some [examples](#) of whakataukī). Encourage your students to share these with each other. Pick a different whakataukī/waiata/karakia for each day of the week and practise them together. Ask your students what the words mean to them.

Many whakataukī reflect different parts of the [Five Ways to Wellbeing](#). When your students are sharing their whakataukī, ask them which of the Five Ways to Wellbeing they think it includes.

Some examples of whakataukī include:

- **Whāia te iti kahurangi ki te tūohu koe me he maunga teitei**
  - *Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain*
  - This whakataukī is about aiming high or for what is truly valuable, but its real message is to be persistent and to not let obstacles stop you from reaching your goal.

- **Kaua e mate wheke mate ururoa**

- *Strive for your goals by being strong and resilient like a hammerhead shark*
- This whakataukī is commonly used to encourage someone not to give up, no matter how hard the struggle is. A hammerhead shark is known for its strength, resilience and power – it gives everything its all!

**Activity 2:**

Ask students to learn poems from different cultures all over the world. Each time a new poem is learnt, ask them which of the Five Ways to Wellbeing they think it includes. Here are some examples of international and nature-focused poems students in your class can learn:

**William Wordsworth**

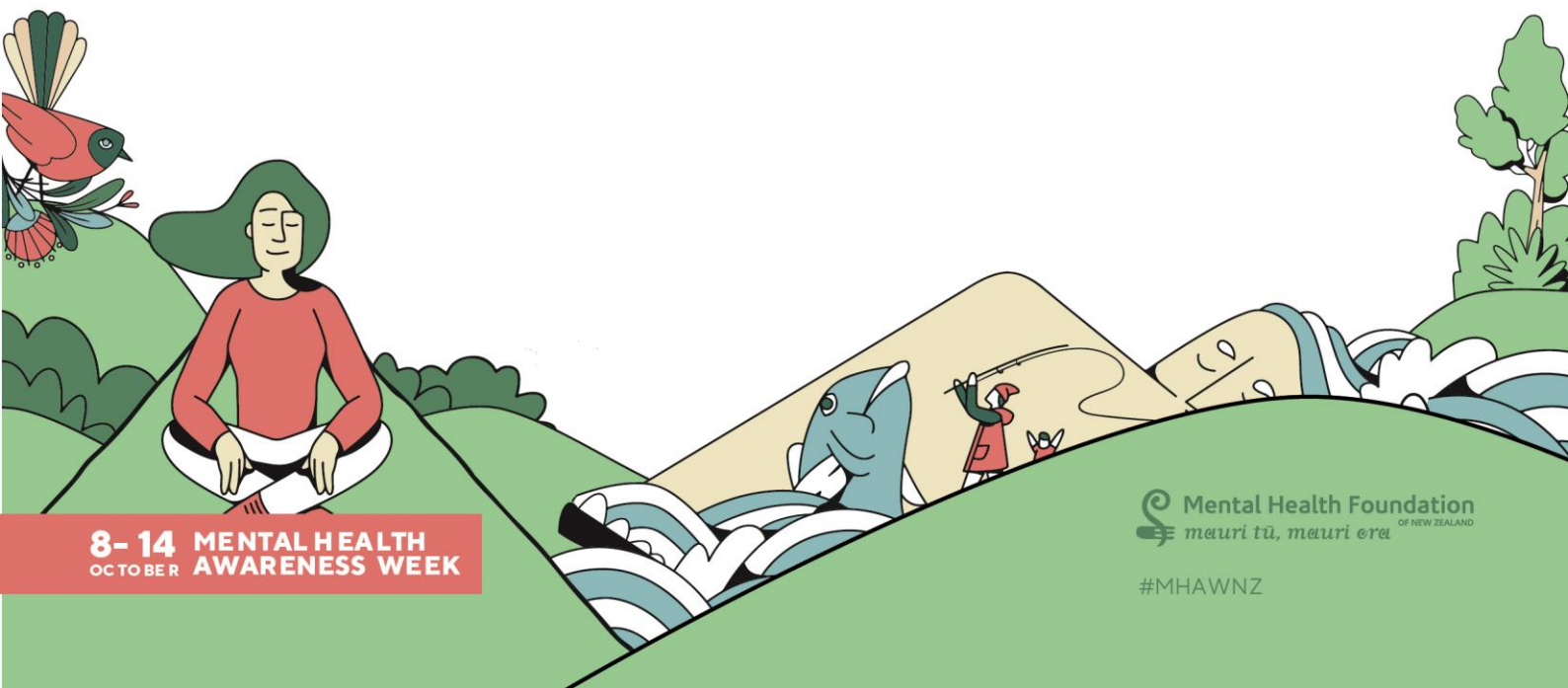
*Come forth into the light of things,  
Let nature be your teacher*

**Thich Nhat Hahn**

*Walk and touch peace every moment  
Walk and touch happiness every moment  
Each step brings a fresh breeze  
Each step makes a flower bloom  
Kiss the Earth with your feet  
Bring the Earth your love and happiness  
The Earth will be safe  
when we feel safe in ourselves*

**Arapaho**

*All plants are our brothers and sisters.  
They talk to us and if we listen, we can hear them.*



## Mātauranga Māori:

Mātauranga is traditional Māori knowledge. It's a way of being and engaging in the world. Students can learn about [mātauranga Māori](#) through the following activities.

### **Activity 1:**

The [maramataka](#) is the traditional Māori Lunar calendar. Use [this poster](#) to discover the month in which your Mental Health Awareness Week celebration falls in and what activities you should run during that month.

For example, if you're running your celebrations during Whiringa-ā-rangi/November, it's a good time to catch crayfish and freshwater fish. Why not research a hīnaki/eel trap, draw the hīnaki and describe how it traps an eel?

### **Activity 2:**

[Rongoā](#) is the traditional Māori healing system. Rongoā is a holistic practice that often includes using the medicinal properties of New Zealand native plants. Follow these [instructions](#) on how to play a silent card game about rongoā with your class.

### **Activity 3:**

Teach your class about [kāpehu whetū](#), the star compass and navigation. Show them how to use the sun and star constellations (the Southern Cross and the Pointers) to identify the cardinal compass points by following [these instructions](#).

### **Activity 4:**

Learn a new waiata! Put students into small groups, ask them to put actions to a waiata and present it back to the class.



Examples of waiata:

- [Tai Aroha](#)
- [Purerehua by Hirini Melbourne](#)
- [Sprinkle a Little Sunshine by Suzy Cato and Kath Bee](#)
- [Nature by Wayne Mason](#)
- [Tangaroa Whakamautai by Maisy Rika](#)
- [Aotearoa by Stan Walker feat. Ria Hall, Troy Kingi & Maisey Rika](#)
- [Tihore Mai](#)
- [Aio ki te Aorangi](#)
- [Manu Tiria \(Ancient planting chant\)](#)
- [Mo'ui 'o e Honge Ifo sung by Noah Slee](#)
- [The Garden by TJ Taotua ft. Fiji and Kiwini Vaitai](#)
- [Rona \(story of Rona being in the moon\).](#)



**8- 14** MENTAL HEALTH  
OCTOBER AWARENESS WEEK

 Mental Health Foundation  
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