



Ko wai au?



Healthy Active Learning

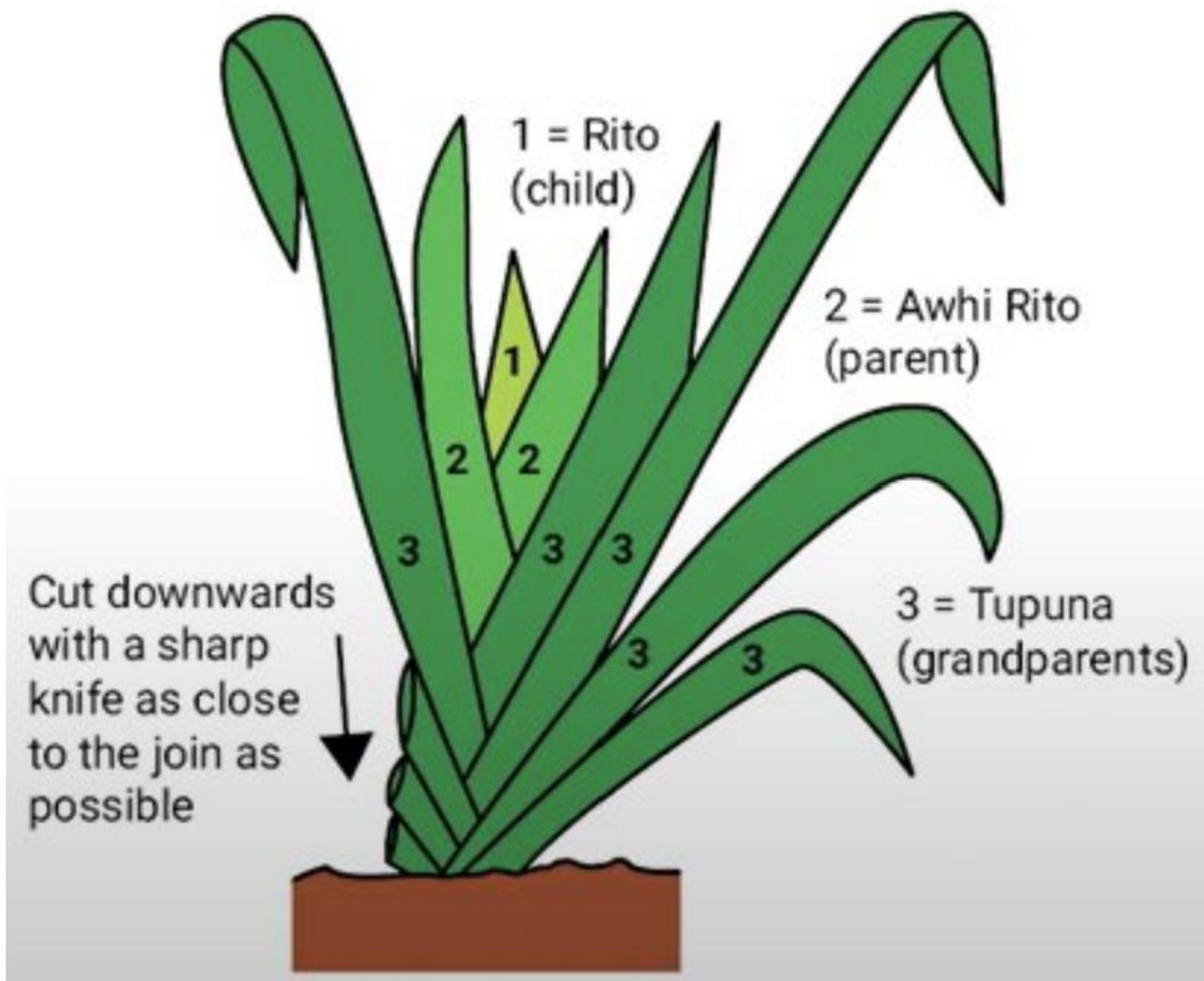
margot@sportwhanganui.co.nz



Harakeke the taonga



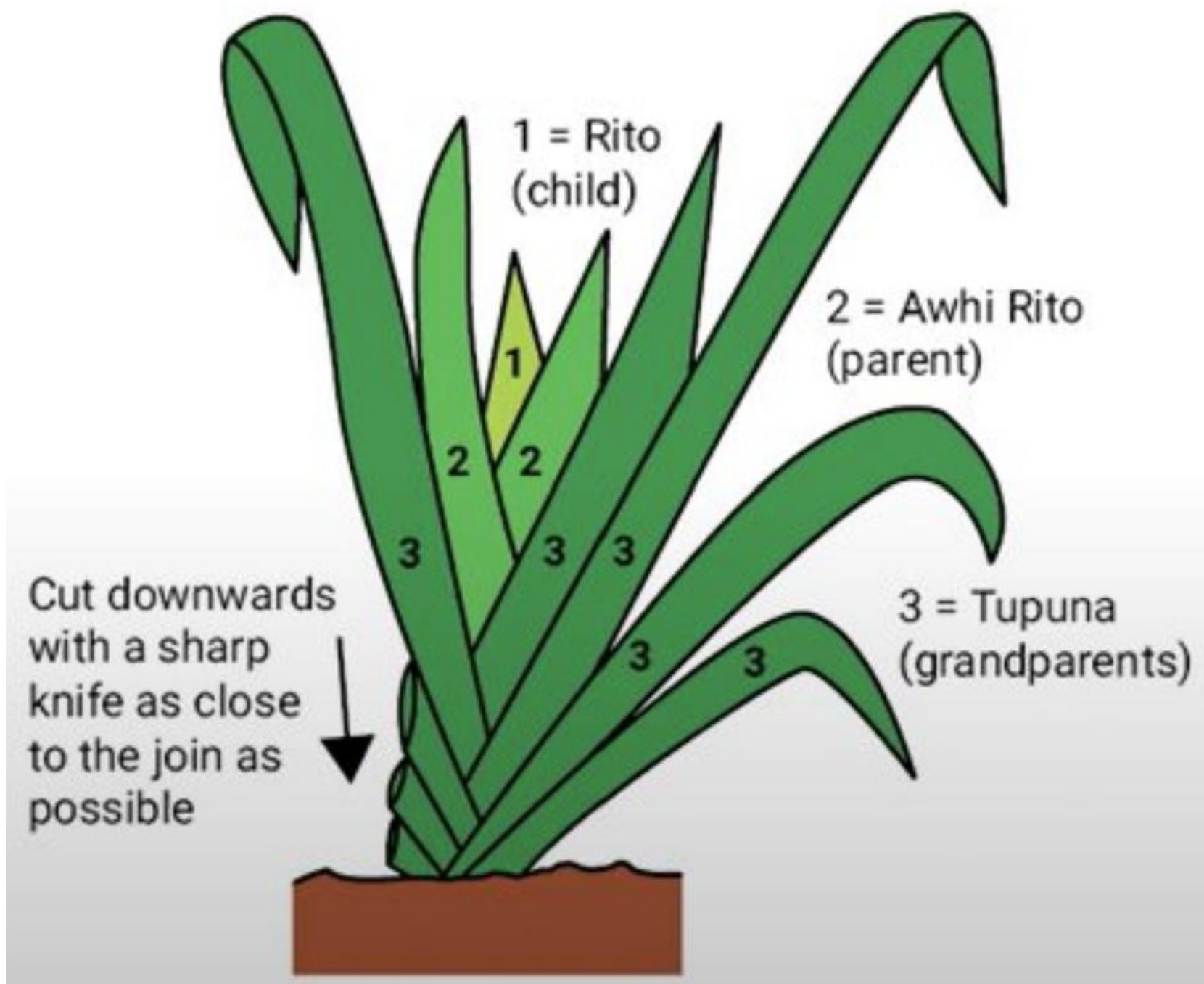
Tikanga



Harvesting

- Always say a karakia before harvesting
- Only cut what you need – return offcuts to the soil
- Don't harvest in rain, at night, when hapū, have your wahine mate/ikura or are māuiui

Tikanga



- Do not step on or over harakeke
- Do not eat or drink while weaving
- Wash your hands after weaving before you return to normal activities
- Give away your first woven piece

Karakia mō te harakeke

Te harakeke, te kōrari
Ngā taonga whakariri iho
O te Rangi, O te Whenua,
O ngā Tūpuna
Hei oranga mō mātou
Tīhei Mauri Ora!



Linking Hauora to Raranga

Unit plan raranga and hauora

Taha Hinengaro
(mental/emotional
wellbeing)

Taha Tinana
(physical
wellbeing)



Whenua
(land and place)

Taha Whānau
(social
wellbeing)

Taha Wairua
(spiritual
wellbeing)

Making a bracelet

We will learn today with two strips, but when making a second one, three or four strips will work well.



[Link to video showing process](#)

Helpful videos for making putiputi (flowers)

The Rose



How to make a Lily out of Flax



Weaving a simple putiputi and tikanga

Some kupu associated with working with harakeke

Kōrari – stalk of the flower of the harakeke

Hāpine / Pīahu – action of softening the whenu with a blunt knife

Mātua / Awhi rito - parents either side of the pēpē – these are not cut

Panikoti – skirt / wrap

Pēpē / Rito – youngest leaf – this is not cut

Raranga – weave

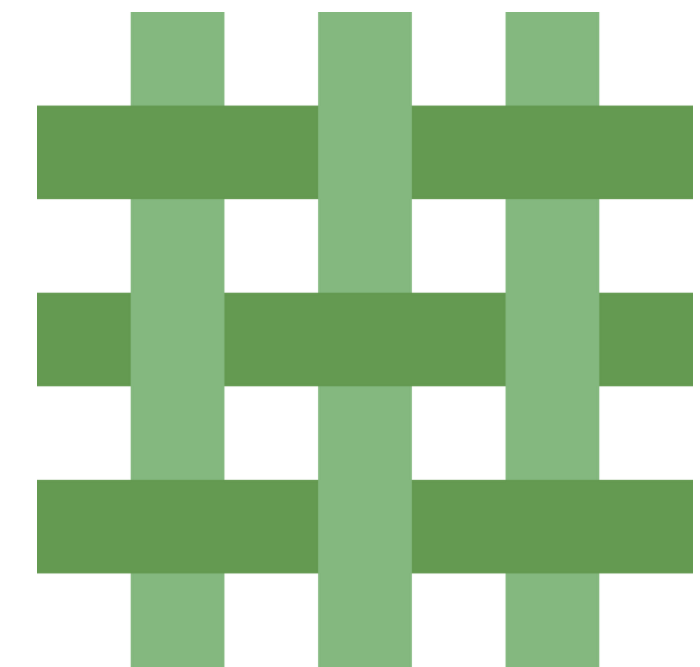
Rau – leaf

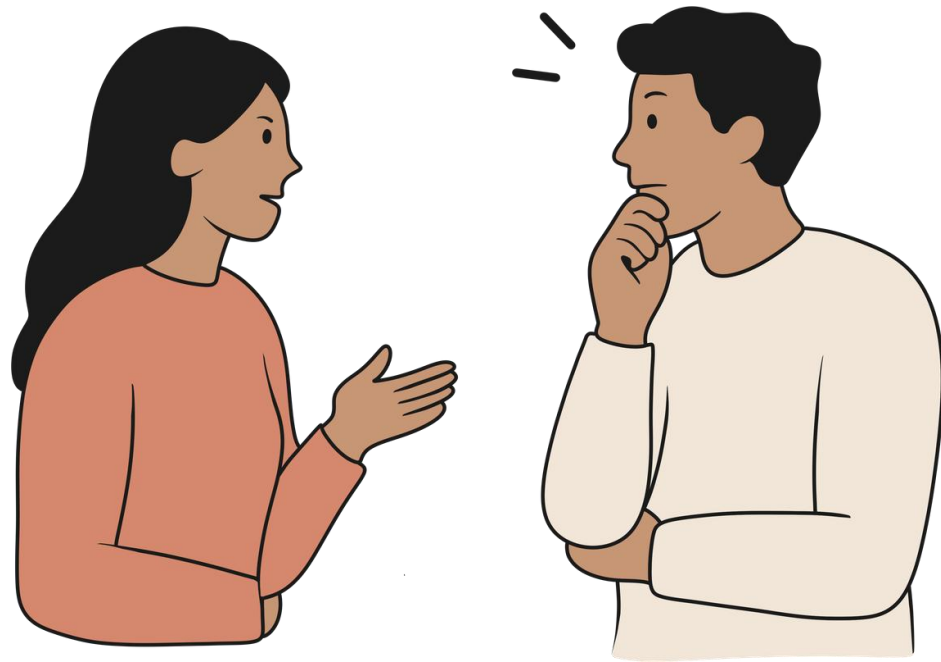
Take – base of the rau

Taki tahi – over one, under one pattern

Tūpuna - leaves outside the māuta - these are the ones that are cut

Whenu – a prepared strip of harakeke for weaving





Reflection time

Think, pair,
share



Where to from here?

How can you see yourself using what has been shared with you today, back at kura?

**If you have any pātai, please feel free to email me:
margot@sportwhanganui.co.nz**