



Manaaki Whenua
Landcare Research

Well-being in a Pā Harakeke

Hauora i roto i te pā harakeke

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Vision

Choose a harakeke bush you like and sit down beside it. Observe what happens around you. Write down or draw 3 to 5 things you can see.

Examples:

- dead leaves at outside of fan
- fluffy white stuff at back of leaf
- bird flies over my head



Write or Draw

Touch

While sitting beside your chosen harakeke bush, touch 3 to 5 things around you.

Write down or draw how they feel to you.

Examples:

- I can feel ribs on the upper side of the leaf.
- I feel wind on the left side of my face.
- I feel cold coming from the soil I am sitting on.



Write or Draw

Smell

Walk around the pā harakeke and write down or draw 3 to 5 things you can smell.

Examples:

- I find a fungus and it smells like a dark forest.
- I smell my hands and they smell of the sandwich I ate earlier on.
- I catch the smell of exhaust from a truck driving by.



Write or Draw

Hearing

Go back to your bush and sit beside it. Close your eyes and listen. Write down or draw 3 to 5 things you can hear.

Examples:

- bird song
- cars
- leaves moving with the wind



Write or Draw

Taste

- If the harakeke bush is flowering (summer), pull off a flower and suck out the nectar. The nectar is called *wai harakeke*. It was used as a sweetener by tangata whenua and is loved by birds, insects and geckos. Write down how it tastes or make a drawing.
- If the bush has formed seed pods, release some of the seeds by snapping the seedpod in half. If the pod is still green, the seeds will be white and fleshy and can be eaten. If the pod is dry and black, the seeds will be black with just a small, fatty 'nut' inside. See if you can chew it out and discover its taste. Spit out the black, fibrous shell. Write down how it tastes or make a drawing.



Write or Draw

Te harakeke

Te kōrari

Ngā taonga whakarere iho

**O te rangi, o te whenua,
o ngā tipuna**

Homai he oranga mō mātau

Tihei mauri ora

