



Manaaki Whenua
Landcare Research

Te hauora i roto i te pā harakeke

Hauora i roto i te pā harakeke

He mea waihanga e Katarina Tawiri,
rātou ko Moana Tawiri, ko Alison Greenway,
ko Anouk Wanrooy, ko Ray Prebble



Mā tēnei kaupapa e whakapiki ngā wāhanga katoa o te hauora [Te tauira Te Whare Tapa Whā].

Ko tōna pūtake ko te mātauranga Shinrin Yoku/Forest Therapy. Tēnā, mātakihia ngā kiriata i te wāhanga rauemi.

Ko ngā rauemi karakia, waiata me te kohi kai tipu mohoa kei te mutunga o tēnei tuhinga.

Ko te whakarite akoranga hauora i te pā harakeke

- E tino hāngai ana tēnei hōtaka ki ngā ākonga tau 3, tau 4 neke atu [ngā kura kei Aotearoa]
- Whakaakona ngā tamariki ki te taki karakia e hāngai ana ki te pā harakeke i mua i te akoranga hauora.
- Tukua he karakia he waiata rānei i te tīmatanga me te whakamutunga o te akoranga hauora
- Whakamārama atu ki ngā tamariki i te whakapapa o te pā harakeke: tangata = ngā rau, whānau = te wheranga, hapū = pū harakeke, iwi = pā harakeke.
- Hoatu he pene, he pukamahi hoki ki ia tamaiti.
- Waiho ki muri ko ngā hangarau hiko.
- Whakamārama atu ki ngā tamariki me wahangū tēnei hei mahi. Ka kōrerohia ō rātou wheako ka mutu ana te akoranga, hei te kai tahi.
- Mātua kōrero ki ngā tamariki e pā ana ki ngā momo raru hauora [ngā mate pāwera mai i ngā tipu, te hae].

Te Kite

Whiria he pū harakeke e pai ana koe, ka noho atu ai.

Mātakihia ngā nekehanga e karapoti ana i a koe. Tuhia, tāngia rānei kia 3-5 ngā mea e kite ana koe.

Hei tauira:

- Ngā rau pirau kei waho o te wheranga
- Te perehunga mā kei muri o te rau
- Ka rere te manu i runga ake i tōku māhunga



Te Pā

I a koe e noho atu ana ki te pū harakeke kua whiria e koa, pā atu kia 3-5 ngā mea e karapoti ana i a koe. Tuhia, tāngia rānei tōna āhua ki a koe.

Hei tauira:

- E rongō ana ahau i ngā rara i taha whakarunga o te rau
- E rongō ana ahau i te hau i te taha mauī o tōku mata.
- E rongō ana ahau i te makariri i te one e noho nei au.



Te Hongihongi

Hīkoi haere i te pā harakeke, ā, tuhia, tāngia rānei kia 3-5 ngā mea e hongihongi ana koe.

Hei taurira:

- Ka kite ahau i tētahi harore mohoa me te rite o tōna kakara ki te ngahere uriuri.
- Ka hongihongi ahau i ōku ringa, ā, he rite tōna kakara ki te hanawiti i kai ai ahau i mua ake.
- Ka hongihongi ahau i te auahi taraka kātahi nei ka hipa mai rā.



Te Whakarongo

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.

Hei taurira:

- Te korihi manu
- Ngā waka
- Ngā rau e neke ana i te hauhe wind

Te Tāwara

- Mena kua whaipua te pū harakeke [raumati], tangohia he pua, ka ngotea mai ai te waihonga. Ko te ingoa o taua waihonga ko te wai harakeke. Whakamahia ai hei whakareka e te tāngata whenua, waihoki, reka rawa atu ana ki ngā manu, ki ngā ngāngara me ngā mokomoko. Tuhia te āhua o te tāwara, ka tā kē rānei.
- Mena kua oti i te pū harakeke ngā kākano te waihanga, tukua ētahi o aua kākano mā te whati i ngā ipu kākano kia rua. Mena kākārīki tonu te ipu, ka mā, ka tuawhiti ngā kākano, waihoki, e pai ana kia kainga. Mena maroke ana, pango ana, ka pango ngā kākano, ā, he nati iti, nati hinuhinu hoki. Tukua kia kaikaingia kia rongohia ai te tāwara. Tuhaina tōna angaanga pango me te kākoa. Tuia te āhua o te tāwara, ka tā kē rānei.



Ngā
kākano

Kai tahi - Te neke mai i te tapu ki te noa

Ka wheako ana i ngā rongō e rima, whai tikanga ana i te kaupapa Shinrin Yoku kia kai tahi, kia inu tī hoki. Hāngai pai ana tēnei ki te tikanga Māori arā kia kai tahi ka mutu ana tētahi kaupapa, hui whakahirahira. Mā reira e huri ai mai te āhua o te tapu ki te āhua o te noa.

Ki konei tukua ai mā ngā tamariki e kōrero ētahi o ō rātou wheako. Whakamārama atu ki ngā tamariki kāore he kawatau kia tuku mai he paku aha. He taonga hoki te pupuri whakaaro ki roto.

- Ka noho porowhita
- Ka hoatu haere i tētahi 'rākau kōrero' rānei, kōhatu rānei, pekanga rānei nō te taiao māori. Ko te tamaiti kei a ia te mea whakakōrero, māna e tuku atu, e kōrero wheako rānei.

Ngā Rauemi

He karakia e hāngai ana ki te pā harakeke

Te harakeke

Te kōrari

Ngā taonga whakarere iho

O te rangi, o te whenua, o ngā tīpuna

Homai he oranga mō mātau

Tihei mauri ora

The flax plant

The flower of the harakeke

Are treasures passed down

From the sky, from the land and the
ancestors

Giving us well-being

The breath of life force

Ngā waiata e hāngai ana ki te pā harakeke

[https://www.youtube.com/
watch?v=vGU4pJZgoWM&t=0s](https://www.youtube.com/watch?v=vGU4pJZgoWM&t=0s)



[https://www.youtube.com/
watch?v=0H4AsZ0f10g](https://www.youtube.com/watch?v=0H4AsZ0f10g)



He pārongo mō ngā tipu mohoa e taea ana te kai

http://wildpicnic.blogspot.com/2011/01/harakekenz-flax.html?_smu_=iVVsqTf4NN6HTqQ5R6J7NKHB824Vc



Te toro mai ki tēnei kōnae pdf me ētahi atu rauemi whakaako

<https://www.landcareresearch.co.nz/tools-and-resources/education/>



Ngā Tohutoro

1. <https://mentalhealth.org.nz/te-whare-tapa-wha>
2. <https://www.youtube.com/watch?v=y-wHq6yY2CI>
3. Juyoung Lee, Yuko Tsunetsugu, Norimasa Takayama, Bum-Jin Park, Qing Li, Chorong Song, Misako Komatsu, Harumi Ikei, Liisa Tyrväinen, Takahide Kagawa, Yoshifumi Miyazaki. Influence of forest therapy on cardiovascular relaxation in young adults. Evidence-Based Complementary and Alternative Medicine, vol. 2014, Article ID 834360, 2014. <https://doi.org/10.1155/2014/834360>

Kuputaka

hapū:	sub-tribe, clan
harakeke:	flax bush
hauora:	well-being, health
hui:	meeting, gathering
iwi:	tribe, nation
kai:	food
karakia:	blessing, incantation, ritual, prayer
kaupapa:	programme, agenda
noa:	ordinary, unrestricted, free from tapu
pā harakeke:	a group of flax bushes, a flax garden
tangata whenua:	indigenous people of New Zealand
tangata:	people, humans
tapu:	sacred, restricted, forbidden
wai harakeke:	nectar of flax flower
waiata:	song, chant
whānau:	family



Whakapā

Mō te tuku pātai e pā ana ki tēnei rauemi, tēnā whakapā mai:
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