

# Taku Wairua

by THE WATERBOY

## Tuakana Program



Belongs To: \_\_\_\_\_

# Taku Wairua

## Tuakana Program

Taku Property of

### Kia ora! Welcome to Taku Wairua!

We're so proud to have you along on this journey with us and are looking forward to learning more about you and helping you grow.

Throughout the course of this program, you will learn so much about yourself through our four pillars - Belonging and Identity, Self Discovery, Goal Setting and Citizenship.

We will help you delve into who you are and where you come from. Support you to look deeper within and discover who you currently are right now. Teach you about goals, why they're important and how to set them.

And help you understand the importance of giving your time to others.

At the same time, you'll also get a chance to learn about us, your Taku Wairua team, and why we feel so passionately about this program and the four pillars. You'll hear from some pretty amazing guest speakers, get out into your community and have a lot of fun along the way.

**So what are you waiting for? Let's get started.**

# The Four Pillars



Belonging



Self Discovery



Goal Setting



Citizenship



What are the Te Reo translations for the pillars?

# Guest Speaker



Name:

\_\_\_\_\_

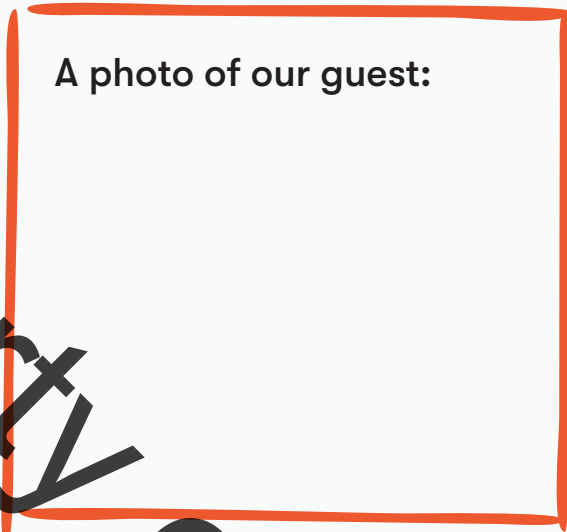
What do they do?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A photo of our guest:



Belonging & Identity	
Self Discovery	
Goal Setting	
Citizenship	

# Belonging & Identity

## Taku Mātaoneone



How can you know who you are, if you don't know who, where or what you come from? You're about to embark on a journey with us into learning all about who you are and where you come from.

Have you ever thought that you're a product of generations and generations of people?

That without a single one of your tūpuna, you wouldn't be the person you are today?

In our belonging pillar, we're going to delve deeper into your pepeha, your places of significance and where you belong to.

**Let's get into it!**

We will look at your whakapapa, your family tree. Learning stories about your ancestors and finding out more about your whānau and tūpuna.

Connection to our whakapapa is so important to help us understand how we came to be who we are today. We're excited to see what you learn about yourself.

# Pepeha

- Ko..... te maunga **mountain**  
 Ko..... te awa **river**  
 Ko..... te waka **canoe**  
 Ko..... te iwi **tribe**  
 Ko..... te hapu **sub-tribe**  
 Ko..... te marae **special space of significance**  
 Nō ..... ahau **I am from**  
 Ko..... rātou ko, ..... ko....., ko ..... ōku kaumatua **my grandparents are...**  
 Ko..... rāua ko ..... ōku mātua **my parents are...**  
 Ko..... tōku ingoa whānau **my last name is...**  
 Ko..... taku ingoa **my name is...**

## Pepeha for Taiwi in Aotearoa

- Nō ..... ōku tūpuna **my ancestors are from...**  
 Ko..... rātou ko, ..... ko..... ko ..... ōku kaumatua **my grandparents are...**  
 Ko..... rāua ko ..... ōku mātua **my parents are...**  
 Ko..... raua ko ..... ōku kaumatua **...and ... are my grandparents**  
 I tipu ake au ki ..... **I grew up in...**  
 E noho ana au ki ..... **I live in...**  
 Ko..... tōku ingoa **my name is...**

## Whānau Members

Always list siblings from eldest to youngest

### Layout:

Ko..... tōku/taku .....

- Tuakana ..... **Older sibling (of the same gender)**  
 Tuahine ..... **Sister of a boy**  
 Tungāne ..... **Brother of a girl**  
 Teina ..... **Younger sibling (of the same gender)**

### Layout:

Ko..... te ..... o te whānau **of the family**

- Pōtiki ..... **Youngest**  
 Mātāmua ..... **Eldest**

# Self Discovery

## Ko Wai Au



By now you will have learnt more about where you come from and where you connect to. You'll understand that there are generations and generations of whānau that have gone before you and that thanks to them, you are here today to continue their legacy.

While you will always be connected to your Tūpuna and places of significance in your past, you still have your whole life ahead of you. What you decide to do with this opportunity called life, is up to you.

Will you follow in the footsteps of your ancestors? Will you make decisions that they would be proud of?

**We're excited for this one.**

Throughout this pillar Self Discovery, we're going to focus on YOU. We're going to help you look within to discover at the core of your being, who you are right now. What are your strengths, your weaknesses, your core values and your proudest achievements? With our support, you're about to develop a stronger sense of self awareness, pride, courage and a growth mindset. We're going to enable you to dream BIG and teach you the benefits that come from doing so.

# Gratitude

What am I grateful for?



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What does gratitude mean to me?





# Brainstorm

“My Dream Day”

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For extra reading on the importance of dreaming,  
turn to page 33

# Growth Mindset

What is a growth mindset?

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3 fixed mindset examples

1.

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2.

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3.

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3 growth mindset examples

1.

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2.

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3.

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# My Values

1. \_\_\_\_\_

Why is this value important to me? \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

Why is this value important to me? \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

Why is this value important to me? \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

Why is this value important to me? \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

Why is this value important to me? \_\_\_\_\_

\_\_\_\_\_

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# Goal Setting

## Tautuhinga Whāinga



**Wow, we're halfway through our pillars already!**

By completing the Self-Discovery Pillar, we hope you've developed a stronger sense of self-awareness, pride, courage, and are now looking at life through the lens of a growth mindset. We hope you've learned more about who you are as a person right now and understand all that makes you, YOU.

Our next pillar is all about looking forward to your future. You've learned about your past and about who you are right now in the present time.

You have the power to change the direction and path of your life in whichever way you want.

It's now time to start thinking about the person you want to become. That person, and your future, are all in your hands. We hope you dream big with this pillar and get excited about this power that you hold.

**Let's get planning!**

# Goal Setting

## 7 day goal

From the goals you've identified in 3MIQ - what is one goal you would like to achieve in 7 days? \*Handy Tip: Use SMART Goals to help you!

Identify 3 different strategies to help you achieve this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## \*SMART Goals



### Specific

What exactly do you want to accomplish?



### Measurable

How will you know you accomplished your goal?



### Achievable

Is your goal something you have reasonable control over? Is it realistic?



### Relevant

Is your goal worthwhile and does it relate to any long-term goals and interests?



### Time Bound

When do I want to complete my goal by?

# 7 Day Action Chart

Day of the week	Daily task	Daily update What did you do? How did you go?
<b>Monday</b> Date: ___ / ___ / ___		
<b>Tuesday</b> Date: ___ / ___ / ___		
<b>Wednesday</b> Date: ___ / ___ / ___		
<b>Thursday</b> Date: ___ / ___ / ___		
<b>Friday</b> Date: ___ / ___ / ___		
<b>Saturday</b> Date: ___ / ___ / ___		
<b>Sunday</b> Date: ___ / ___ / ___		

# Citizenship

## Mahi a Tāngata



**Just like that, we've made it to our final pillar.**

Hopefully, you've learned the importance of goal setting and understand how goals give you clarity, motivation, accountability, and help remind you of what you are working towards.

You're now equipped with some cool techniques to help you work towards and achieve the goals you want to set for your future.

We're so excited to see where that takes you.

We know that you're a stronger person after completing three Taku Wairua pillars. Now, how can you help create stronger communities? How can you help make life better for those around you?

**There is so much power in helping others, and we can make a big difference when we work together. Let's see how we can get started!**

# Citizenship Brainstorm

What does a good citizen look like?

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# Excursion



When:

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Where:

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What:

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Why:

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What to bring:

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# A massive thank you to our sponsors:

