

Taku Wairua

by THE WATERBOY



Belonging & Identity

TUPU PROGRAM POU 1

BELONGS TO: _____



POU 01: Belonging & Identity Taku Mataoneone

Kia ora!

We're so proud to have you along on this journey with us, and we hope you're proud to join. We're looking forward to learning more about you and helping you grow in so many ways. You're about to have your life switched up a tad... we hope you're excited.

Like any story, we'll start at the beginning. Where do you come from? Where do you belong?

This pou is all about looking into your past and discovering all the places and people that you're connected to. It's likely going to be a lot more than you realise. This pou is all about gaining perspective. You are so much more than the 16/17 years you've had on this earth. You're a product of everything that's come before you. We'll guide you through knowing your whakapapa and Pēpēha, while gaining a greater understanding of WHY they're important to know.

At the same time you'll learn more about us, and why we think it's so important you know this stuff. You'll hear from some guest speakers, go on some field trips, and be challenged in more ways than one.

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

Who am I?

Name:

Age:

What brought me here?

What I'm excited to learn about:

A photo of me that makes me proud:



Today I am grateful for:

Pepeha

Pepeha for Maaori

- Ko..... te maunga **mountain**
- Ko..... te awa **river**
- Ko..... te moana **lake/body of water (if applicable)**
- Ko..... te waka **canoe**
- Ko..... te iwi **tribe**
- Ko..... te hapu **sub-tribe**
- Ko..... te marae
- Ko..... raaua ko..... ooku maatua **my parents are...**
- Ko..... tooku ingoa whaanau **my last name is...**
- Ko..... tooku ingoa **my name is...**

Pepeha for Paakeha & Tauiriwi in Aotearoa

- Noo ooku tuupuna **my ancestors are from...**
- Ko..... raaua ko ooku maatua **my parents are...**
- Ko..... raaua ko ooku kaumatua **...and ... are my grandparents**
- I tipu ake au ki **I grew up in...**
- E noho ana au ki **I live in...**
- Ko..... toku ingoa **my name is...**

Whaanau Members

Layout:

Ko_tooku/taku_

- | | |
|-----------------|-----------------------------------|
| Tuakana | Older sibling (of the same sex) |
| Tuahine | Sister of a boy |
| Tungaane | Brother of a girl |
| Teina | Younger sibling (of the same sex) |
| Iramutu | Neice/nephew |
| Koroua/Koro | Elderly Man (Grandfather) |
| Kuia/Nana | Elderly Woman (Grandmother) |
| Matua whakaangi | Step Father |
| Whaea whakaangi | Step Mother |

Layout:

Ko_te_o te whaanau of the family

- | | |
|-----------|----------|
| Pootiki | Youngest |
| Maataamua | Eldest |
| Au | I/me |

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Self Discovery

TUPU PROGRAM
POU 2 WORKBOOK

BELONGS TO: _____



POU 02 Self Discovery Ko Wai Au

Kia ora Tupu whaanau!

Welcome back to another pou of awesome mahi. First of all, congratulations on completing Pou 1 of our Tupu program.

We hope by now you've learned a bit more about where you come from, and where you connect back to. You'll understand that there's generations and generations of whaanau that have come before, and thanks to them you're here today, to continue that legacy. But although you'll always be connected to all the people and places of your past, you've also got your own whole life ahead of you. What you do with that opportunity is in your hands.

Will you follow in the footsteps of your ancestors?
 Will you make decisions that they'd be proud of?
 Will you look at yourself in the future and think 'damn, I'm proud of who I am'?

This pou we're going to figure a bit more about YOU. What are your strengths, weaknesses, values, and proudest achievements? We're going to develop a stronger sense of self-awareness, pride, courage, and a growth mindset. And the best thing is we're going to be there with you every step of the way.

We're excited for this one.

Who am I?

Name:

What I like to do with my spare time:

3 things I'm grateful for:

- 1.
- 2.
- 3.

Something I'm looking forward to:

Growth Mindset

What is a growth mindset?

What are some examples of when I could better use a growth mindset?

Today I am grateful for:

Trek Tuesday



Name of track:

Location of track:

Elevation:

Time taken to climb:

Highlights:

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.

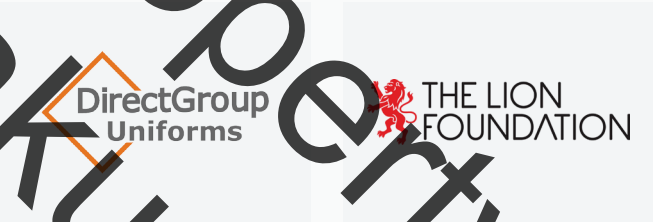
Why is this value important to me?

5.

Why is this value important to me?

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Goal Setting

TUPU PROGRAM
BLOCK 3 WORKBOOK

BELONGS TO: _____



BLOCK 03: Goal Setting Tautuhinga Whainga

Kia ora Tupu whaanau!

Wow, we're already halfway through. Where has the time gone?!

Welcome to the third Tupu program block, and congratulations on making it through the first two blocks so far. By finishing the Self Discovery block, we hope you have developed a stronger sense of self awareness, pride, courage, and a growth mindset.

Our next block is all about looking forward to the future. You've learnt about your past, about who you are right now, and now it's time to think about the person you want to become.

Your future is in your hands, you have the power to change the direction of your life. We hope you dream big, think positive, and get excited about this power you hold.

Let's get planning!

Dear Future Self,

How I feel right now:

Something I really want to achieve this block:

How I'll feel if I achieve that:

Today I am grateful for:

The three most important questions:

Experiences

Where would you like to go?
What would you like to do?



Growth

What do you want to learn?

Contribution

How will you make life better for others?

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Goal Setting

S

M

A

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T

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What do I want to achieve in:

2 Months: _____

6 Months: _____

1 Year: _____

5 Years: _____

10 Years: _____

Today I am grateful for:

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Citizenship

TUPU PROGRAM
POU 4 WORKBOOK

BELONGS TO: _____



POU 04: Citizenship Mahi a Tangata

Kia ora Tupu whaanau!

We want you to know that we are so proud of how far you've come. We know it's not easy turning up every day, but we hope you're really proud of yourself and of the mahi you've put in this far.

We're already up to working on our last pillar; Citizenship. We know you're stronger people, now how can you help create stronger communities? How can you make life better for those around you?

We can do so much more when we work together, so let's see what that looks like.

Who am I? (Take 2)

What have I learned about myself?

What is a strength I didn't know I had?

What was something I never thought I'd experience?

What day of the program will I always remember?

Today I am grateful for:

Volunteering Day



Date:

Where:

Contact person:

Organization:

Highlights: _____

Mahi Experience

Date:

Business:

What did I do?

Date:

Business:

What did I do?

Today I am grateful for:

Citizenship

How would someone describe a good citizen?

What values would they have?

How could I show citizenship in my community?

Today I am grateful for:

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