

Waikato

ENVIROSCHOOLS



Looking after our wellbeing

EXPLORING TE WHARE TAPA WHĀ

Te Whare Tapa Whā is a model of health that helps us identify where we need support. It describes health as a whare (meeting house) with four walls:

- Te taha wairua (spirituality)
- Te taha hinengaro (mental health)
- Te taha tinana (physical health), and
- Te taha whānau (social relationships).

Connection with the whenua (land) forms the foundation. This activity will help you identify different things you can do to nurture and strengthen walls; keeping yourself well.



Finding Balance

We can think of wellbeing in terms of the balance between the different parts of our lives, or the different walls of Te Whare Tapa Whā

For each of us there are different things we can do to nurture and strengthen the different walls and keep us well. Sometimes things happen that impact a wall of our whare that we cannot control, but at these times we can draw strength from the foundation (connection to whenua) and other walls.

On the following page there is an activity that can help us understand our own Whare Tapa Whā, and identify ways to strengthen its different walls. Have a think about the different questions, talking about and/or noting down your ideas.

What next?

- What are some things you can do right now to strengthen the different walls of your Whare Tapa Whā?
Can you make a model of you Whare Tapa Whā using paper, wood, Lego, or something else?

ADDITIONAL RESOURCES

This activity is based on the 'Finding Balance - Te Whare Tapa Whā' worksheet developed by the Mental Health Foundation: www.mentalhealth.org.nz/assets/Working-Well/WS-finding-balance-individual.pdf

This video clip explains Te Whare Tapa Whā model: www.youtube.com/watch?v=hcMDxwW01IU



Activity

Think about the four walls of your house and make a note of:

- What keeps each wall in place?
- Which one feels strongest?
- Is there one that needs more support?
- What's one thing you could put in place to strengthen that wall?

Taha tinana (physical health)

Taha hinengaro (mental health)

Taha whānau (social relationships)

Taha wairua (spirituality*)

Whenua (connection with the land or environment)
