

Mental Health  
Awareness Week  
21-27 September

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#MHAWNZ

## Rāhina – Monday

### Whānau / Family and Social Wellbeing

#### *Recharge with others: Whiria te muka tangata*

**Today's whakataukī:** *Ehara taku toa i te toa taki tahi, engari he toa taki tini. My strength is not that of one but that of many.*

#### What is taha whānau?

Taha whānau is the people we care about, who recharge us and make us feel we belong. Whānau isn't just our immediate relatives. It includes our friends, hoamahi/colleagues, iwi or community – the people who are close to our hearts.

#### Why is taha whānau an important way to wellbeing at school or kura?

As a core source of strength, support, security and identity, whānau plays a central role in wellbeing individually and collectively. The connections taura/students have with their classmates and the people they choose to spend time with inside and outside of school and kura have a huge impact on shaping how they view the world and themselves! When they are surrounded by classmates and friends who are caring and interact with aroha, their wellbeing will be stronger.

#### Reimagine wellbeing at school or kura through whānau:

- Give new activities a go alongside tamariki to enjoy each other's company and really connect as a class whānau. For inspiration, head [here](#).
- If someone in your school or kura community is going through a tough time, rally together to prepare kai, or offer any other tautoko/support that is needed.
- Ask taura to sit with someone they don't usually hang out with for the duration of the class.
- Ask taura to think of five people they're grateful to be connected to and why. This can be their biological whānau, the whānau they live with, caregivers or whāngai/foster whānau, circle of friends, school or wider community, or even their fur whānau!
- Run the [Fruit Salad](#) icebreaker game, which encourages diversity, as a class.

*These activity ideas are from our MHAW 2020 Postcard Set. You can [download](#) it in Te Reo Māori or English.*

