



Te Mana Kaha O Te Whanau

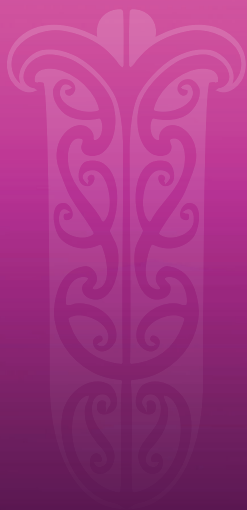


korero awhi

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Tauawhitia ai koe!

Wrap your whānau in your loving
and protective embrace

FOREWORD

Ko te whānau te hunga tuturu o ia Iwi
Tōku whānau tōku piringa
Tōku whānau tōku oranga
Tōku whānau tōku mana tiketike

The focus at the moment across the motu is on strengthening the wellbeing of whanau/families. This has come at a time when there is an urgent need to work with whanau/families in a manner that stimulates your whānau/family potential and enables you to reaffirm your purpose, dignity, responsibility, and self-worth as a whānau/family.

The challenge is to touch your lives in an exciting meaningful manner and to promote an understanding that you can take charge of your destiny. This requires a new approach that enables you and your whānau/family to harness the strengths within.

This E Tu Whānau booklet, titled ‘Kōrero Awhi’ is a promising start to this end by sowing the seeds of respect, warmth, care, thoughtfulness, success and joy, in and around each member of your whānau/family.

Dame Iritana Te Rangi Tawhiwhirangi

He Ruruku mo te Ako

Whakararau mai te wānanga o Ranginui e tū nei
Whakararau mai te wānanga o Papa e takoto ake nei
Kia tipu mai ai te pū, te weu, te aka, te tāmōre
Kei te ngākau a tangata e hai!

Tēnā, te takenga o te hiahia, o te mahara,
o te whakaaro

Whakaputa mai ana te kōrero nō te wānanga,
Te kōrero a te ngākau ā tāngata e hai!

Kia uru atu tōku kupu ā-rangi ki a koe nā
Kia uru mai tōu kupu ā-rangi ki a ahau nei
Ka ara te awhi-nuku, ka ara te awhi-rangi
Ka ara te awhi-papa, ka ara te awhi ā tāngata e hai!

Whiti, whano, hara mai te toki!
Haumi e! Hui e!
Taiki e!

*Let the embrace of the celestial knowledge be upon us
Let the embrace of the terrestrial knowledge be upon us
To unleash the original sense of knowing and awareness within our hearts
Enabling our ability to desire, to remember and to think
Bringing forth the sacred knowledge and words we all
attained at the conception of life itself
This I give with my own words and respect to you
This I receive with your own words and respect for me
Instilling the embrace of the heavens and earth
Instilling the embrace of humanity as a foundation for all.
Be deliberate, firm and engrave these words in eternity*

*Unite! Let us be one
We have united in conscious thought*

Introduction

E Tu - Whānau

Our world is built on key values that we have brought forward from our ancestors. All of those values intertwine to underpin the things that make us strong and keep our families safe.

Once when we lived collectively, we had tikanga, laws we all knew that were there to keep us safe. From those laws and from practice and collective living, we had ways of living and working which supported each other in all aspects of life.

We all know what the words Awhi and Kōrero mean, and if we asked, people would say they use them everyday. What this booklet aims to do is to reinforce the positive things we do everyday. To get whanau to think about the things they do and say that uplift and strengthen each other.

We are the only ones that can change our world for our tamariki, our mokopuna, our whānau. To make our homes safe and loving places for our whānau to grow and thrive.

We all want the best for our whānau and we know that many whānau are hungry for resources and ideas that can help them to identify and build on the strengths within their whānau.

It is for this reason that this booklet has been put together. To affirm the positive things you are already doing, to give you ideas and encourage you to take the time to think about what you want for your whānau. To explore ways that you can apply these values to your life everyday in your home



Kōrero Awhi

We have been taught by our elders and tūpuna that kōrero feeds the heart and that until the heart can feel the mind won't see.

Many of our teachings tell us as a people to use our kōrero or words carefully because they can continue to have an effect on the person long after the words have been spoken, sometimes for generations.

In whānau, when we kōrero it is a time of being together, enjoying each others company and just chatting about life in general or meeting to make decisions about what action the whānau will be taking.

So, if kōrero is about what we say to each other then awhi is about what we do with each other to express our affection, our appreciation, our practical support and our love for each other.

Kōrero Awhi then, is practical and real, its about what we say and do to help and support our whānau in times of need.

It is about speaking the truth and keeping our word to one another even at times when it's challenging to do so, because we understand that words mean nothing without the action.

Kōrero Awhi is about communicating with one another in a way that strengthens and uplifts

**“Ko te tao rākau
ma te rākau e karo
Engari te kupu,
wero tonu, wero tonu”**

**“A wooden spear can be
parried by another
But the spoken spear
wounds deep”**

Kōrero Awhi is there when you

- 👂 share stories with your tamariki and mokopuna
- 👂 do the small things that show you care
- 👂 do the dishes
- 👂 hang out the washing
- 👂 cook a meal
- 👂 care for the tamariki
- 👂 show your affection and love for one another
- 👂 speak kind and loving words that build strength
- 👂 run errands
- 👂 take your kuia and kaumatua kai, seafood
- 👂 praise the little moments of courage
- 👂 talk about the behaviour not the person
- 👂 say what you feel and do what you say
- 👂 say things in a positive manner
- 👂 praise one another



Whānau Mahi

Kōrero Awhi...

is shown in many ways and is something that you and your whānau probably do without even thinking.

The following is a simple checklist that highlights some actions that whānau do. You can look through the list and see those you are already doing, think about what you can do more of, or even start doing.

- ☞ We're comfortable saying how we feel
- ☞ We help each other in daily tasks
- ☞ We respect each others point of view
- ☞ Talking through issues is important to us
- ☞ We look out for each other
- ☞ We use positive language
- ☞ We do what we say we are going to do
- ☞ We speak the truth with compassion
- ☞ We do everyday tasks willingly
- ☞ We like chatting with one another
- ☞ We share funny stories together
- ☞ We praise one another
- ☞ We show affection
- ☞ We ask for help when we need to

*Start a whānau kete,
What would you do differently?*



Whānau Mahi

A number of hui were held around the country to find out what whānau thought would be seen and heard in whānau that showed whānau ora. Here are some of the stories that were told about Kōrero Awhi followed by activities that you could do with your whānau either at kai time, when you go visiting, when you have a whānau hui or even just when you feel like it.

Kōrero Awhi...

I like the stories that our whānau tell about the old people and about themselves when they were children growing up. I love hearing the stories of the 'old days' because I feel like I am a part of it, my Mum is a great story teller and we live those days through her stories especially all the escapades and the near misses that the uncles got up to. We just laugh and laugh. Sometimes though tears would come into our eyes as we remember some of the whānau who have gone and the mauri and wairua would be stirred up because we feel pride in someone or sad about something.

Kōrero awhi helps us to remember who we are, it helps us to connect us again to where we come from, our values and our beliefs about ourselves...

Visit with the elders

We were told that many elders quite often feel alone and neglected and would like to spend more time with their whānau. Cook a kai and take it to one of the elders in your whānau and stay for a while and just talk to them, let them reminisce about the old days. Or just call in and have a cuppa, take some biscuits you know they like. ***My Nanny loves Gingernuts!***

Kōrero Awhi...

We always hug one another and we tell our kids that we love them and I always tell my wife I love her in front of the kids so that they know that our home is one filled with love. Yeah, as old as they are I always hug my kids my eldest is 34 and my youngest mokopuna is just 2. It's a daily thing actually, hugging my mokopuna and especially my wāhine...

Learn how your whānau like to be loved

Do members in your whānau like to be talked to kindly, or helped to do their chores, or do they like little gifts, some may like hugs and kisses or a pat on the back, others just want to spend some quality time with you. Learn what their 'love language' is and speak it.



Kōrero Awhi...

I keep in contact with my children and with my neices and nephews and my brothers and sisters and if there are any problems we sort it all out together and come up with solutions that work for everyone. I ring them because I want to hear their voices otherwise we get together on facebook. Mmmm that's Kōrero awhi where we just check to see if everything is ok and help if needed...

Whānau Champion

Give someone in the whānau the role of Champion for Kōrero Awhi for the week and ask them to encourage and reward whānau members when they are demonstrating Kōrero Awhi.



Whānau Mahi

Kōrero Awhi...

It's like when my whānau come to stay all the way from up north, we put on a big feed for them so that the aroma and warmth of kai welcomes them when they come into our whare. Then we talk into the wee hours of the morning, laughing, joking or just catching up, by then we have put all the mattresses down in the lounge and made up the beds and then we all sleep together marae style . Yeah that's kōrero awhi when our kōrero brings us together as a whānau...

Kōrero at kai time

We don't need to wait until other whānau come to stay to enjoy time together just talking. Next time when you are having a kai with the whānau turn the TV and phones off and kōrero about your day. You could also involve the tamariki in preparing the kai. You could talk about something new you learned, something that made you happy, or play 'what if, like if you could live in a different time and place, where would you live and why.



Kōrero Awhi...

I remember my Nanny sat with us moko's every single day after school to help us do our homework. The thing is she couldn't speak english and she had no schooling and we lived in a poor little whare with a dirt floor. But that whare was spotlessly clean and we were very happy there. Her way of helping and supporting us helped us to learn and now today we're qualified professionals social workers, lawyers, doctors, or nurses. We all have a love of learning. Her soft Kōrero and Awhi taught us that we can do anything...

Whānau Whakatauākī

This story shows how whānau can live by simple values that work for them. Sometimes whānau are known by these values such as this whanau would be known for their love of learning, others are known for the way they awhi other people, and still others are known for the way they work in the kitchen at hui. Think about what you would like your whānau to be known for and then get the whānau together and make up a whānau proverb or whakatauākī that will be your whānau motto. Get the tamariki to make a poster about the Whakatauākī.



Whānau Mahi

Kōrero Awhi...

*I use to go to total immersion Māori language wānanga and there was a young single mum there who had a lot of little children. I remember one day her little girl (2 years) came up to her really upset and angry at her older siblings. The little one was shouting and screaming her frustration and anger telling her mum what they had done. I was astounded to see this young mum pick up her baby and softly cuddle her and speak softly to her, rocking her until the baby's anger was smoothed away. **Now that's Kōrero Awhi!***

Oriori - Lullaby

In days past parents and grandparents would compose little lullabys for their tamariki and mokopuna. You could compose a little lullaby or waiata about Kōrero Awhi to teach your tamariki and mokopuna how to Kōrero Awhi.



Whānau Activities

Kōrero Awhi...

A kuia tells a story that left an indelible mark in her memory of a single mother who was left abandoned with three very ill children to raise at a time where there was very little in the way of support. The kuia who was no relation, visited the woman who was that day expecting a visit from the authorities who were going to evict her and take away her children as the home was thought to be unfit and unsafe for the children to live in.

As it turned out, there was no food and no furniture and the woman had no means to care for her family. The kuia went into the home to kōrero with the woman and to awhi her. The young mother said she felt so ashamed that she had let her whānau down, to which the kuia replied, “No it is us who have let you down”. After many tears and much hugging the kuia called the different whānau she knew and before the day was over there was food in the cupboards and fridge and the authorities were dealt with. By the end of the week the house was furnished with beds, dining table and chairs, lounge suite and so forth, the lawns and gardens outside were cleaned and tidied up.

Within six months the young mother was a different person and her whānau were thriving. ***An example of Kōrero Awhi in action.***

Helping others

The above story is a great example of how we can reach out and help others and the rippling effect of that awhi. Do you know anyone in your neighbourhood or your network that is struggling? What could you do for them? You may not be able to provide the same as the above but that's OK because there are many other ways that you can give Kōrero Awhi. ***What could you do?***



Timatanga -

To begin a hui

*Puritia mai rā te tika hei kōrero
Puritia mai rā te pono hei wānanga
Puritia mai ra te aroha hei awhina i te ngākau ā
tāngata
Kia tū, kia ātea, kia mārama!*

*Hui e!
Taiki e!*

*Enfold the truth of mind to speak freely
Enfold the truth of heart to learn
Enfold the love of humanity to be open to the
opportunities
So as to stand unencumbered and with clarity*

*Let us be one
We have united in conscious thought*



Whakamutunga -

To end a hui

Whakamaua te kōrero

Whakamaua te wānanga

Whakamaua ki a Ranginui e tū iho nei

Whakamaua ki a Papatuānuku e takoto ake nei

Whakatina ki te tumu o te māramatanga

Kia tina! Tina

Hui e!

Taiki e!

Affirm these discussions

Affirm these learnings

Affirm before Ranginui above

Affirm before Papatuānuku below

*Bind these utterances to the pillar of
understanding*

Bind it firm

Let us be one

We have united in conscious thought



**Speak and seek the truth,
be courageous**

*Challenge the things that diminish
others in a way that grows mana*

**Speak positively to yourself
and others**

Your words will strengthen and uplift

**Your words and actions have
the power to build or destroy**

*Use them with care. They will shape the
actions and the stories told by the
generations to come*

*How do you want to be
remembered?*



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