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Pink Pohutukawa



A small school boy's story will help families to give positive affirmations to each other.



1. Read out the following story to your whānau:

“Once upon a time there was an old koro who had a very old pohutukawa tree in his backyard of the family homestead where he lived. It was where they would bury the ‘whenua’ or placenta of the babies when they were born. In summer, he would rest under his tree in the cool shade and thank his ancestors for planting it there many generations before. It was a most beautiful tree and the red flowers were plentiful and the most beautiful deep red you had ever seen. But one year a pink pohutukawa flower appeared – it began to raise its head and unfold.

You are the pink pohutukawa!

That afternoon the old koro came to rest in the shade of his beloved pohutukawa and spied the pink pohutukawa. “Ooooh” he said, “A pink pohutukawa, I can’t have that - it’ll have to go. Our beautiful pohutukawa is spoiled with that pink pohutukawa”. The End...

2. Ask the whānau to write down on a white card five reasons why the gardener should keep the pink pohutukawa. Then get them to decorate the card.
3. Turn on some fun, happy music and get the whānau to break into pairs and call out their five statements to their partner. Their partner then answers with “Yes you are”.
4. As they are playing there will be some shyness to begin with so join in and call out “Yes you are” to encourage them. As they get into the game, keep turning the music up until they are all shouting to each other. Make sure that everyone has had a turn.
5. Tell the whānau that these are positive affirmations that they can repeat 7 times each day for 21 days to build their self-confidence. Apparently, this is how beliefs are made.

Ages and stages

You may have to help the younger children to write their positive affirmation statements.