

## He whakamārama

### Introduction

In the wisdom of our ancestors, a phrase could hold a world of meaning – wrapped in rhythm, imagery, and the melody of thought. Through the eyes of kupu whakarite, both handed down and newly imagined, we draw upon that legacy to see and celebrate the many facets of our tamariki – each a living metaphor in motion.

Everyone has their own strengths, talents, and ways of seeing the world. This resource is designed to help ākonga notice, value, and celebrate the unique qualities in themselves and others. Using kupu whakarite, we can draw comparisons between often abstract ideas and the taiao. They express our unique Māori worldview.

## Hei whakamahinga

### Suggestions for use

- **Story starters** – Each learner draws a card and begins a story based on that kupu whakarite. This could be written or oral. This can be done as a group activity where each student uses a different kupu whakarite.
- **What's in my bag?** – A light-hearted and fun activity where students imagine what might be in the backpack of someone who shows the characteristics of a kupu whakarite.
- **Debate and reflect** – Pose different statements that encourages debate and reflection, e.g., “Everyone can be relied upon in times of stress”, or “It’s easy to be creative”. This can be done as a group or a class activity.
- **Who am I?** – Read out the qualities section of a card, have students guess what that kupu whakarite might be.
- **Describing someone** – Students could pick a kupu whakarite and describe why they think it relates to someone in their class or someone they know.



# He tamaiti marae

**Te Kaikarakia** | The Spiritual Vessel



- A generous person or host.
- Deeply connected to their community, culture, and tikanga.
- Is welcoming of others.

## **He tamaiti marae**

A child of the marae



# He rākau taumatua



- Connects people easily.
- Tuned in to people's feelings.
- Is charismatic.

## He rākau taumatua

A person whom people flock to



# He papa tōtara

**Te Kaiārahi** | The Leader



- Someone who looks smooth or slick.
- Uses charming words.
- Draws people in.

**He papa tōtara**

A charmer



# He kaikōtuitui

Te Kaiārahi | The Leader



- Brings people, ideas, and communities together.
- Fosters collaboration and a shared purpose.
- Helps others find common ground.

## **He kaikōtuitui**

A connector



# He awhi rito



- Nurtures and protects those who are still developing.
- Provides consistent guidance and reassurance.
- Helps young people grow into their potential.

## **He awhi rito**

A carer of the young



# He āhuru mōwai



- Provides comfort during stressful moments.
- Offers emotional stability and calm.
- Provides safety in times of uncertainty.

## He āhuru mōwai

A safe haven



# He kōkō tātākī



- Speaks with flair, creativity, and humour.
- Engages audiences through clever expression.
- Lightens challenging conversations with wit.

## He kōkō tātākī

A witty speaker



# He whakaaio whenua



- Calms tensions and settles disagreements.
- Encourages respectful discussion.
- Maintains balance in relationships and groups.

## He whakaaio whenua

A peacemaker



# He rātā whakamaru



- Shields people from harm or injustice.
- Provides security and comfort.
- Watches over the wellbeing of their community.

## He rātā whakamaru

A protector



# He manawa popore



- Thinks carefully about the needs of others.
- Acts with kindness and empathy.
- Is attentive to how their actions affect people.

## **He manawa popore**

A considerate person



# He manu tūtei



- Watches over situations with vigilance.
- Alerts people to potential dangers.
- Keeps their environment and community safe.

## He manu tūtei

A sentry bird



# He toka āhuru



- Reliable and steadfast in all circumstances.
- Offers emotional strength to others.
- Provides stability during challenges.

## He toka āhuru

A pillar of support



# He wae kai pakiaka



- Has deep knowledge gained through lived experience.
- Offers seasoned guidance and wisdom.
- Mentors others with useful tips.

## **He wae kai pakiaka**

An experienced person



# He maire tū wao



- Commanding, resilient, and unshakeable.
- Stands firm in hardship.
- Not easily swayed or intimidated.

**He maire tū wao**

Someone formidable



# He arero taiaha

**Te Kaiārahi** | The Leader



- Communicates with tact and care.
- Navigates sensitive situations skilfully.
- Uses words as tools for harmony.

## He arero taiaha

A diplomatic speaker



# He toka tū moana



- Loyal and unwavering in commitment.
- Remains steady despite pressure or change.
- A dependable foundation for others.

## He toka tū moana

A stalwart



# He rite ki te kea



- Is very curious.
- Loves to play and set up practical jokes.
- Likes to be sociable.

**He rite ki te kea**

Like the kea



# He kanoahi hōmiromiro



- Ensures high-quality outcomes.
- Pays close attention to accuracy.
- Observant, precise, and analytical.

## **He kanohi hōmiromiro**

A person with a sharp eye for detail



# He kauwaka

**Te Kaikarakia** | The Spiritual Vessel



- Guides others through wairua-based insight.
- Acts as a bridge between physical and spiritual worlds.
- Holds deep responsibility for sacred knowledge.

## **He kauwaka**

A human medium for an atua



# He kiore haumiri kākara



- Always a few steps ahead.
- Sharp witted.
- Quick off the mark.
- Willing to do what it takes to get what they want.

## He kiore haumiri kākara

Someone who knows how to get what they want



# He pā whakawairua



- Leads karakia on behalf of everyone.
- Upholds spiritual wellbeing for the group.
- Acts with humility and deep responsibility.

## He pā whakawairua

A spiritual leader



# He tamaiti wāwāhi tahā



- Tests limits as part of learning.
- Questions rules and expectations.
- Learns through exploration and challenge.

## **He tamaiti wāwāhi tahā**

A child who challenges boundaries



# He hinengaro auaha



- Imaginative, expressive, outside-the-box thinker.
- Curious and innovative.
- Enjoys making or inventing things.
- Appreciates their own and others' creative work.
- Are thoughtful about how they express their ideas.

## He hinengaro auaha

A creative mind



# He kākā wahanui

**Te Kaiārahi** | The Leader



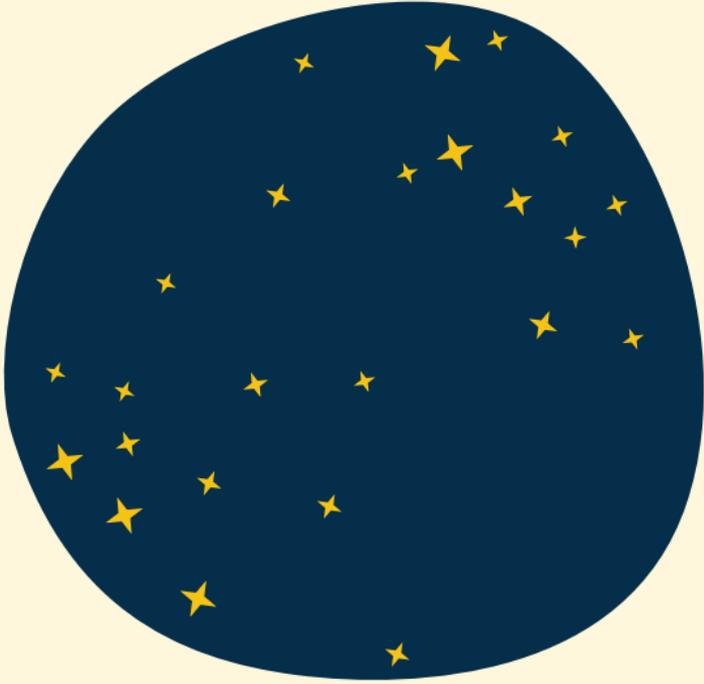
- Speaks confidently and persuasively.
- Uses language powerfully to influence others.
- Communicates with passion and authority.

## He kākā wahanui

A powerful speaker



# He kaiurungi



- Makes informed decisions in uncertain situations.
- Provides clear leadership.
- Guides people safely through challenges.

## **He kaiurungi**

A navigator



# He iho pūmanawa



- Demonstrates admirable qualities.
- Inspires others through actions and character.
- Sets a positive example for others.

## He iho pūmanawa

A role model



# He whakaihuwaka



- Strives for excellence.
- Shows determination and perseverance.
- Inspires others through achievement.

**He whakaihuwaka**

A champion



# He manu tutetute



- Competes confidently and energetically.
- Pushes through obstacles with boldness.
- Has lively, spirited determination.

## He manu tutetute

A jostling bird



# He ringa raupā



- Diligent and committed to their mahi.
- Does not shy away from tough tasks.
- Shows endurance and resilience.

## He ringa raupā

A hard worker



# He waewae kai kapua



- A person who likes to dream.
- Seeks out adventure.
- Likes to take risks.

**He waewae kai kapua**

Feet that touch the clouds