



Matariki is the Māori name for a star constellation that rises up into the sky in mid-winter. This signals an important time in the New Zealand calendar - the Māori New Year. Matariki is a celebration of people, culture, language, spirituality and history, and this year it begins on 15 June.

Here are some ideas from www.kiwifamilies.co.nz/articles/matariki-maori-new-year/ to do over the next month to celebrate Matariki.

Cook with Traditional Māori vegetables

Acknowledge the value of healthy kai as a taonga for achieving wellbeing. Traditional vegetables include Kūmara, Taewa (Māori potatoes), Kamo Kamo (similar to marrow), Taro, Puha (similar to cabbage) and Uwhi (yam). These vegetables can be used in combination with other ingredients to make delicious and healthy meals for whānau and friends.



Explore the outdoors

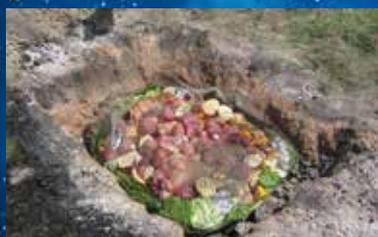
Matariki was a time to learn about the natural world. Today, one way we can embrace this tradition is through an edible garden. It's a fun way to keep active, eat well and learn about what to plant this season and prepare for the next.



Spend time with kids in the kitchen

During Matariki, traditions and teachings are passed from one generation to the next. Ask whānau for some of their favourite recipes to share with your community.

Now is a great time to get together with children and teach them to prepare recipes that have been passed down as favourites.



Embrace the theme of new beginnings

Big change starts small in all aspects of life. Consider ways to incorporate te ao Māori in your organisation through opportunities for toiora (healthy lifestyles), waora (environmental wellbeing) and mauriora (cultural identity). There are a range of resources to support these aspects in the WAVE Resource Centre, including Kī O Rahi and other Traditional Māori games and activities that education settings can borrow.



USEFUL LINKS:

- Kiwi Families - www.kiwifamilies.co.nz/articles/matariki-maori-new-year/
- For quick and easy recipe ideas – www.myfamily.kiwi/foods and www.fuelled4life.co.nz/recipes
- Visit Te Ana Ngai Tahu Rock Art Centre who provide guided tours and interactive sessions. See more at www.tenana.co.nz
- Te Papa - Matariki Māori New Year: www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year
- NZ History Online - Matariki Māori New Year: www.nzhistory.govt.nz/classroom/matariki-maori-new-year
- WAVE Resource Centre - www.wavesouthcanterbury.co.nz for booking WAVE Resources relating to Matariki and traditional māori games and activities.

A link to this article can also be found at our website: www.wavesouthcanterbury.co.nz



Better Health

Greater Learning

Brighter Future