

Worksheet (individual)

**Finding balance: Te Whare Tapa Whā**

**Activity**

Think about the four walls of your house and make a note of:

* What keeps each wall in place?
* Which one feels strongest?
* Is there one that needs more support?
* What’s one thing you could put in place to strengthen that wall?

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| **Taha tinana** (physical health) | **Taha hinengaro** (mental health) |
| **Taha whānau** (social relationships) | **Taha wairua** (spirituality\*) |
| **Whenua** (connection with the land or environment) | |

\* Spirituality is expressed through beliefs, values, traditions, and practices, that support self-awareness &

identity. It provides a sense of meaning and purpose as well as experiencing a sense of connectedness to self,

whānau, community, nature and the significant or sacred. It does not necessarily mean practising religion.