

Workshop 1

- **Workshop 1 – Group Where**
- The six main outcome goals for positive whānau development are:
- whānau self management
- Healthy whānau lifestyles
- Full whānau participation in society
- Confident participation in te ao Māori
- Economic security and wealth creation
- whānau cohesion – between generations & between whānau households

Your task

- **Discuss the meaning of whānau healthy lifestyles and list five features of a whānau that is modelling healthy lifestyles.**
- **Within a Kaupapa Maori methodology – from Kaumatua to Pepe to Kopu and vice versa**
- **Acknowledging where Whanau are at?**
- **Lifestyles from the concept of Whanau Aspirations, building the knowledge – capacity and capability**
- **Within the context of;**
 - Kai
 - Auahi Kore
 - Exercise
 - Physical and Mental
-
- **Then identify five ways in which whānau can actively participate in te ao Māori.**
-
- 1. Tikanga: Tika / Pono
- 2. Wananga: Hauora or other
- 3. Marae activities: Hui, tangi
- 4. Kapa haka, Mou rakau
- 5. Education: Kohanga reo, Kura kaupapa other