

# Te Whare Tapa Whā

Te Whare Tapa Whā is a way of thinking about our wellbeing across different areas of life, these are explained around the four taha (walls) of a whare (house).

This helps us look at all aspects of our health and what is strong and what could be strengthened.

## Write in each section:

- What you are proud of or enjoy
- What you would like to work on



## Te Taha Hinengaro Mental wellbeing

Thoughts, feelings and emotions. Understanding thoughts, feelings and emotions and how you respond to these.

## Te Taha Wairua Spiritual wellbeing

Values, beliefs and purpose, personal identity and self awareness. Growing identity and connection with spirituality.

## Te Taha Whānau Social wellbeing

Family relationships, friendships and other relationships. A sense of belonging and social support in the past, present and future.

## Te Taha Tinana Physical wellbeing

The physical body, its growth, development and ability to move. Caring for your physical body.

When all our walls are healthy and strong, our entire wellbeing is healthy and strong.  
When one is impacted, the entire whare/house can become unstable.