

Whai tikanga pleasant events schedule

Things that help us be well

The activities in this list can have a positive impact on your wellbeing.

This worksheet will help you identify which of these activities make you happy, and which activities you'd like to do more often. The activities are listed under the four taha of Te Whare Tapa Wha.

Taha whānau Social activities	How much I enjoy it			I want to do it more
				✓
Asking for a hug				
Being with family				
Youth group activities				
Dancing				
Doing something for someone you like				
Going to the gym				
Going to the marae				
Going to the movies				
Having lunch or dinner in a cafe or restaurant				
Having a picnic or bbq				
Inviting a friend over				
Joining a club related to your interests, politics or sport				
Kapa Haka				
Kohi kai moana				
Making something for someone you care about				
Mau rākau				
Hunting				
Playing cards or other games				
Playing games				
Messaging a friend				
Talking to a friend				
Visiting whānau				
Working in the garden				
Writing a letter				
Going to a religious house of worship				
Going to a community center				

Taha tinana Recreational activities

	How much I enjoy it			I want to do it more
				✓
Camping				
Caring for indoor plants				
Carving				
Chess, draughts or board games				
Crafting				
Eeling				
Exploring				
Fishing				
Fixing or working on a car, truck, bike				
Gardening				
Gathering shells, dried flowers				
Going to hear a band				
Going to the gym				
Going to a movie or a play				
Going for a walk or run				
Horse riding				
Hunting or gathering				
Jogging				
Lying in the sun				
Mahi harakeke				
Mau rākau				
Motorbike riding				
Pig hunting				
Playing video games				
Playing sports with friends (rugby, touch, etc)				
Taking the dog for a walk				
Tidying up at the marae or urupā				
Sitting on the beach				
Swimming				
Surfing				
Trail bike riding				
Tramping or going bush				
Watching a sports event				

Taha hinengaro Learning activities

	How much I enjoy it			I want to do it more
				✓
Doing a crossword puzzle				
Doing a course				
Going to class or school				
Going to the library				
Knitting or sewing				
Learning a new language				
Learning about rongoā (Māori medicine)				
Learning raranga (weaving)				
Learning about the moana or kai moana				
Learning whakairo rākau or iwi (wood or bone carving)				
Learning te reo Māori or just a new kupu (word)				
Listening to music				
Reading a book, play or poetry				
Restoring furniture				
Sleeping				
Talking with kuia and koroua				
Learning about my culture				
Listening to a podcast				
Trying a new activity (e.g. rock climbing)				
An activity you used to do when you were younger				
Learning to play a musical instrument				

Taha wairua Nurturing activities

	How much I enjoy it			I want to do it more
				✓
Art				
Buying something for yourself				
Collecting kai moana				
Drama				
Facial or nail treatment				
Going to a house of worship				
Going to my maunga				
Going to my roto, moana or awa				
Having a spa, sauna, going to the ngāwhā				
Karakia, whakamoemiti or inoi				
Raranga (weaving)				
Relaxing in a warm bath				
Reading a magazine, book or newspaper				
Playing a musical instrument				
Pottery				
Photography				
Pig hunting				
Talking with koroua				
Tramping with going bush				
Writing poetry or prose				
Waiata (singing and/or songwriting)				
Wahakairo (carving)				