

5 Ways to Wellbeing at Matariki

Kia ora koutou,

Matariki is a significant celestial event marking the beginning of the Māori New Year in Aotearoa. It begins with the rising of the Matariki star cluster (also known in English as the Pleiades or Seven Sisters). This typically happens in mid-winter, although the timing varies from year to year between end of June and early July.

For Māori whānau, Matariki holds immense cultural importance, symbolizing a time for reflection, remembrance, and renewal. It is also closely associated with harvesting, farming, and hunting— the brightness of the Matariki symbolises the abundance of the seasons to come.



The core value of Matariki is Mātauranga Māori, or the ancestral knowledge and wisdom passed down through generations. With that in mind, most Matariki celebrations focus on:

1. **Honouring the past** - remembering those who have been lost over the last year and the plight of their Māori ancestors.
2. **Enjoying the present** - Taking time to be content and value what we have.
3. **Looking forward to the future** - The new year promises a new start, and the Matariki festival is a chance to look forward to the future while valuing the past and the legacy the present is built upon.

Take the opportunity of upcoming long weekend and Matariki holiday to try some of the following ideas about how you can celebrate Matariki with your whānau, including through the **5 Ways to Wellbeing:**

- Hold a harvest day, plant new seedlings or fruit trees
- Make a korowai (cloak) – each child makes a feather
- Go for a bush walk, learning about native trees
- What's in your kete? Pull out fruit and vegetables – name them in Te Reo Māori
- Read stories of legends— Ngā mata o te ariki, o Tāwhirimātea: The eyes of the god, Tāwhirimātea
- Paint pictures of stars or make stars out of twigs
- Learn a haka, or traditional Māori games
- Flax weaving
- Make poi and perform a dance
- Sing twinkle twinkle in Te Reo
- Have a star disco with glow-in-the-dark stars

Connect	Be Active	Take Notice	Keep Learning	Give
<p>Poi Encourages connection with others and strengthens social connections when things go wrong.</p>	<p>Poi Bullrush A fast-poi ball game that involves physical activity and learning to get out and carry on.</p>	<p>Rakau Sticks Individuals can take notice of their classmates and work together as a team to collectively move as one group. Not to put others down when they become upset and giving space.</p>	<p>Connecting to The 5 Ways to Wellbeing through physical activity and understanding, empathy, resilience and tolerance.</p>	<p>Through the traditional Maori games the children are practising the concept of supporting, sharing and being positive to other group members when resilience and tolerance wanes.</p>

Figure above taken from the South Canterbury WAVE pānui.

Kamo kamo Fritters

- 1/2 Kamo kamo (kumi kumi), grated
- 1 egg, beaten
- 1/3 cup plain flour
- 2 teaspoon dried dill (can substitute with parsley, rosemary, or thyme)
- 2 cloves garlic, crushed
- 1 tablespoon vegetable oil

Method

1. Squeeze excess water out of kamo kamo and place in mixing bowl, add egg and mix through well.
2. Mix through just enough flour to make kamo kamo start to stick together. Add dill and garlic, and stir through.
3. Heat some cooking oil in a frying pan over medium heat.
4. Drop spoonfuls of batter into the hot oil and cook fritters until they are golden. Turn them over and cook the other side.
5. Serve with sour cream or sweet chili.

Enjoy these fritters as a snack, or include them in your main meals with some soup, salads, or roasts.

Ngā mihi o Matariki, te tau hou Māori 😊