

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PAE TAWHITI

For simple ideas,
head to allright.org.nz



HOW ARE YOU CELEBRATING MATARIKI?

Getting Through Together – Whāia E Tātou Te Pae Tawhiti – is a national mental health and wellbeing campaign delivered by Community and Public Health (a division of the Canterbury District Health Board) and the Mental Health Foundation of New Zealand.

The latest Getting Through Together – Whāia E Tātou Te Pae Tawhiti campaign asks people the question “How are you going to celebrate Matariki?” It is a question that draws on the strengths of those who already have Matariki traditions of their own, and encourages those new to Matariki to explore ways they can celebrate it.

MATARIKI AND WELLBEING

Matariki is an ancient celebration that has been connecting people across Aotearoa for hundreds of years. It begins with the rising of the Matariki star cluster and signals the new year for Māori.

It is an opportunity for us to māharatia (reflect), whakanuia (celebrate) and wawatatia (aspire) – bringing light and togetherness to the winter months.

“HOW ARE YOU GOING TO CELEBRATE MATARIKI?”

Next year will be particularly special when Aotearoa marks Matariki with a national public holiday. For now, we can take pleasure in marking the occasion in whatever way we want.

As part of showcasing the various ways Matariki can be celebrated, people are being encouraged to share their plans for Matariki at www.allright.org.nz/tools/getting-through-together

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ALL RIGHT?

 **MINISTRY OF
HEALTH**

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

WAYS TO CELEBRATE MATARIKI AT HOME

- Get your whānau together to share kai.
- Have a quiet moment of wonder and marvel at the stars.
- Plant a tree or prepare your vegetable garden for new planting.
- Invite your neighbours around for a chat and a cuppa.
- Reflect on your connection to te taiao, our natural environment. Get out into nature, appreciate its beauty, and think about ways you can help it flourish.
- Share stories with whānau and friends and reminisce on loved ones who have gone before us.
- Plan some exciting new adventures for the year ahead.
- Attend a local Matariki event.

CELEBRATING MATARIKI WITH THE WHĀNAU

Sparklers have a range of fun Matariki wellbeing activities for families to do at home, including:

- Making a new tradition with Matariki placemats which are full of activities and kai time discussion starters.
- Making manu tukutuku (kites) to signify the connection between us and those who have passed away.
- Learning about the stars and making whetū bunting.
- Making Matariki wishes with Hiwa-i-te-rangi (the wishing star).

Visit www.sparklers.org.nz/parenting for more information on these and other whānau Matariki activities.

CELEBRATING MATARIKI AT YOUR WORKPLACE OR ORGANISATION

- Encourage a conversation about what people are doing to celebrate Matariki – simply asking ‘how are you going to celebrate Matariki?’ encourages people to share their experiences or think about what they could do.
- Have a potluck Matariki feast – everyone can bring kai to share.
- Have a hui to celebrate some of your wins over the last 12 months, and to set some goals for the year ahead.
- Matariki is the season for manaakitanga or hospitality. Organise a collection for a local charity or food bank so they can keep up their great mahi.
- Incorporate more te reo Māori into your day – have a go at using karakia to bless shared kai and open and close meetings.
- Attend a local event or hold your own!

WAYS YOU CAN HELP

Ultimately, making a difference to our wellbeing where we live, work and play comes down to having people in each and every community who can help us amplify our messages. You can do this by:

- Encouraging people to share their responses to the question ‘How will you celebrate Matariki?’ at allright.org.nz/tools/getting-through-together.
- Sharing our [videos](#).
- Putting up some A3 posters: allright.org.nz/free-resources/matariki-a3-posters.
- Downloading and sharing Matariki email signatures and Facebook and Instagram tiles: allright.org.nz/free-resources/matariki-digital-resources.
- Following All Right? on [Facebook](#) and [Instagram](#) and sharing messages on your organisation’s social pages.
- Subscribing to our regular updates at www.allright.org.nz and sharing content.
- Including Matariki messaging in your organisation’s newsletters.
- Find out more about how you can support [Getting Through Together](#).