

TE WHARE TAPA WHĀ

Bring yourself into the room today, tell us how are you feeling?
On a scale of 1-10 where 1 is terrible and 10 is fabulous, take a
moment to think about each element of yourself.

Wairua

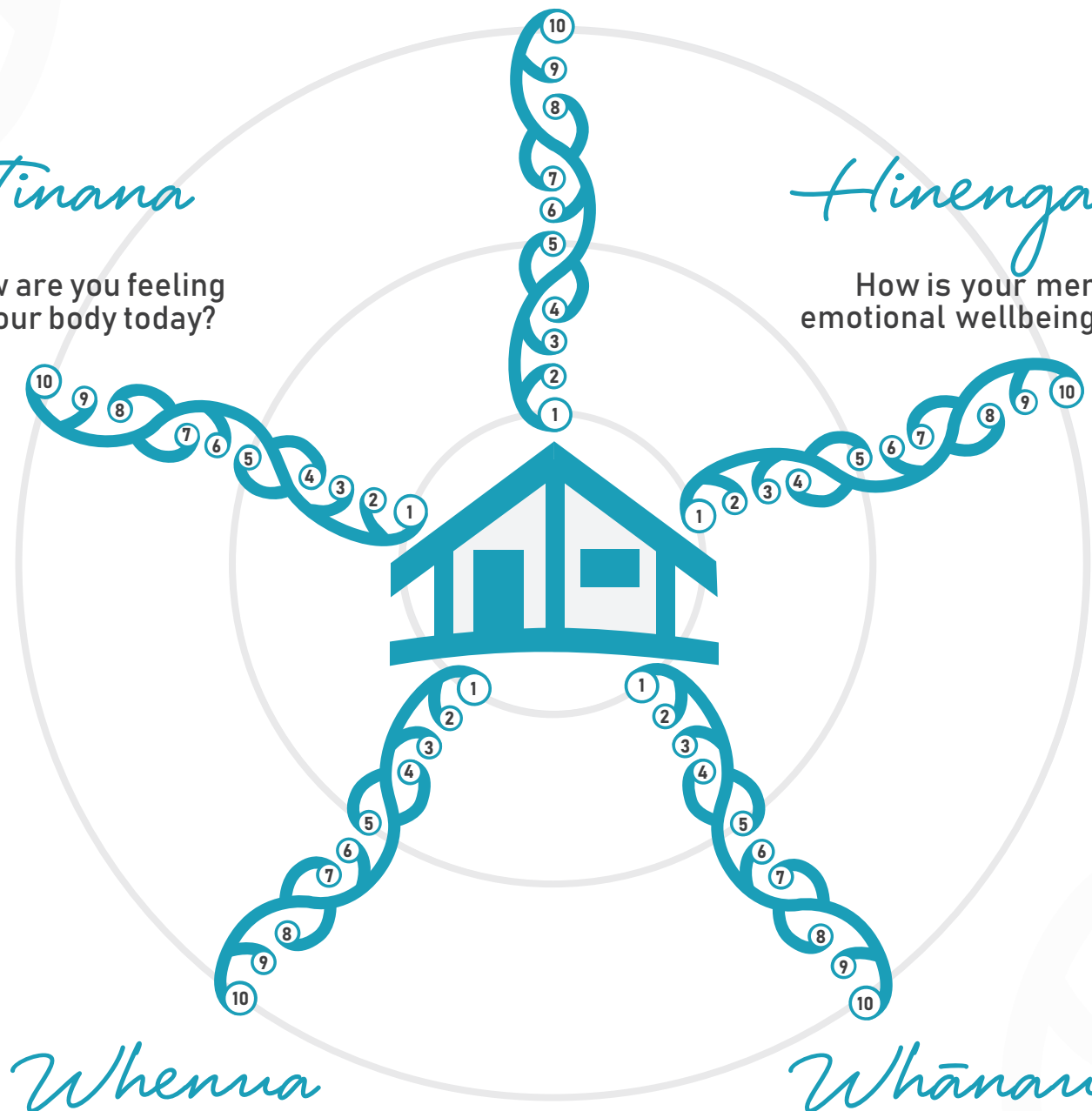
How is your energy and spirit today?

Tinana

How are you feeling
in your body today?

Hinengaro

How is your mental and
emotional wellbeing today?



Whenua

How are you feeling in
this place right now?
How are you connected to
your roots at the moment?

Whānau

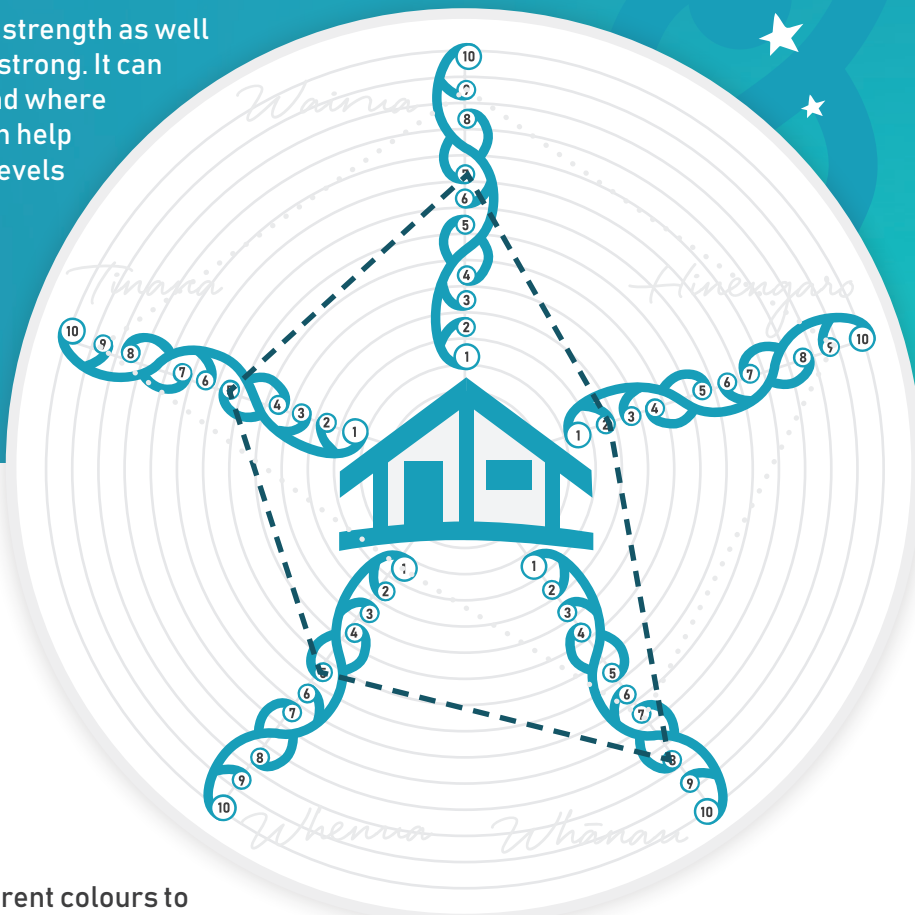
How are you feeling about
your connections to family
and loved ones today?

TE WHARE TAPA WHĀ



Useful as a tool for revealing more about how good your life is right now, for whakawhanaungatanga, as an icebreaker or energiser and for revealing and reflecting on strengths at any time, this interpretation of Te Whare Tapa Whā is a way of creating a snapshot to show how people are feeling individually and as a group in terms of fundamental aspects of holistic wellbeing.

The tool highlights areas of individual strength as well as those areas that are not feeling so strong. It can also show where a group is strong, and where it currently is not. This information can help acknowledge and reveal the current levels of wellbeing available to individuals and the group in order to underpin conscious decisions about how to move forward from here, starting where you are, using what you have and doing what you can.



Instructions

As a person answers each question draw a line from one axis to the next clockwise and an outline of that person's 'whare' will emerge, making visible the areas of strength and of challenge.

If you are working in a group, use different colours to identify different people and build a layered community of whare. As well as showing personal areas of strengths and challenges, the layered picture will show everyone where the group is strong and where it may be challenged at that time.

Overall, you will get a map of whare that show how well each person is feeling and what the group looks like as a whole, at that time. The map will help identify both individual and collective areas of health and wellbeing and areas that need work or support. It will also highlight where individual energies might usefully be spent in order to improve the health of the group and can help identify areas ripe for acting on as well as help start new conversations.



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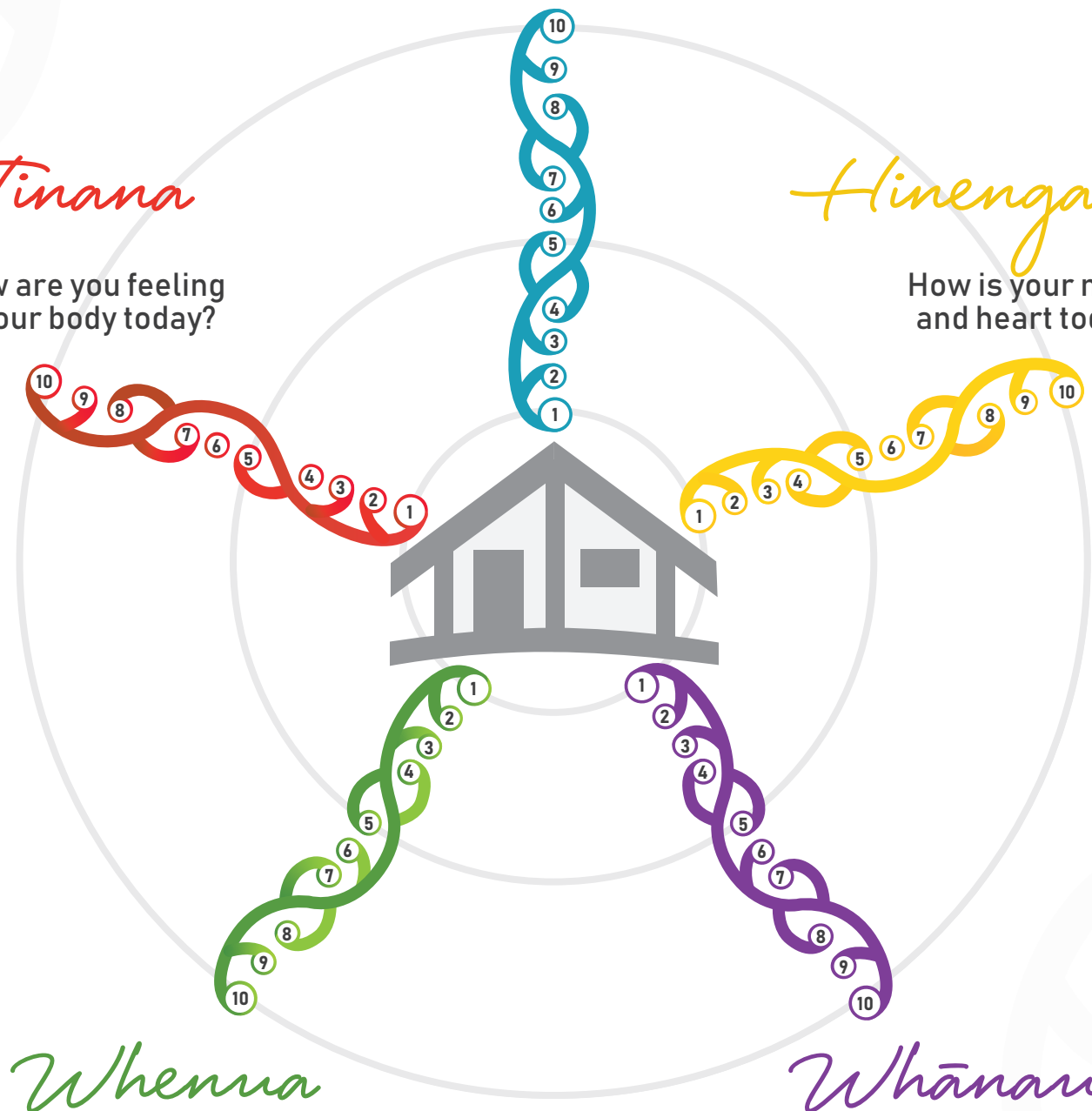
How is your energy and spirit today?

Tinana

How are you feeling
in your body today?

Hinengaro

How is your mind
and heart today?



Whenua

How are you feeling in
this place right now?
How are you connected to
your roots at the moment?

Whānau

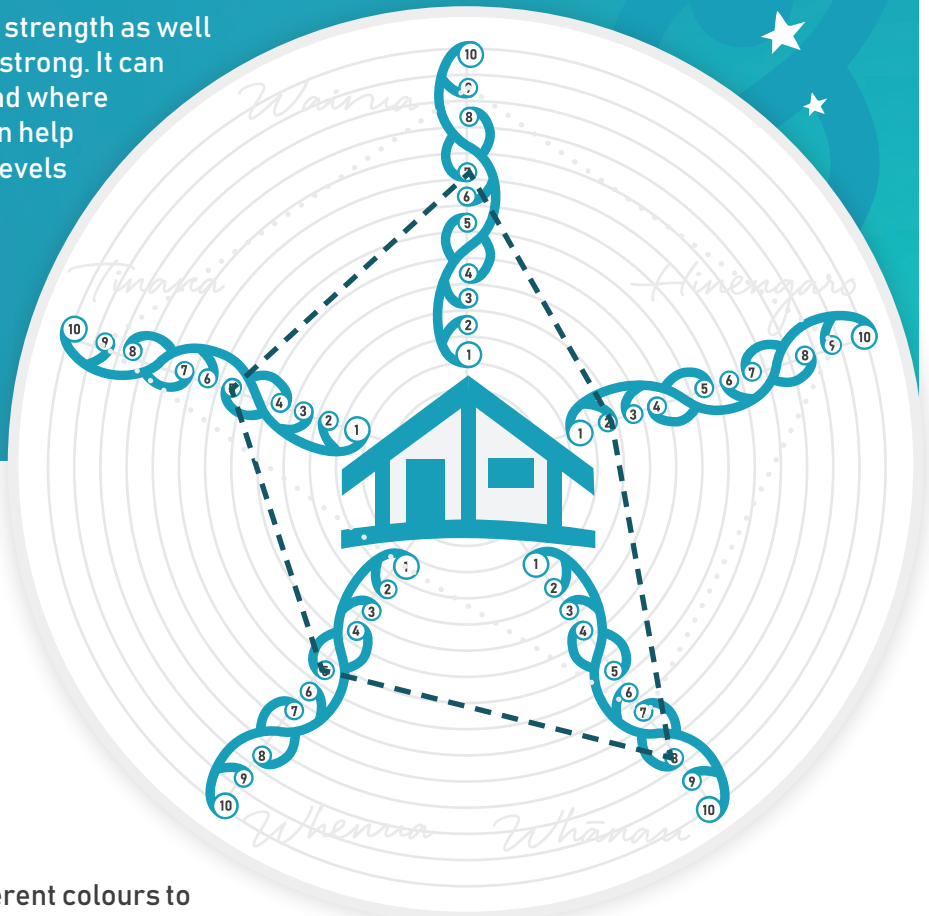
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Instructions

As a person answers each question draw a line from one axis to the next clockwise and an outline of that person's 'where' will emerge, making visible the areas of strength and of challenge.

If you are working in a group, use different colours to identify different people and build a layered community of where. As well as showing personal areas of strengths and challenges, the layered picture will show everyone where the group is strong and where it may be challenged at that time.

Overall, you will get a map of where that show how well each person is feeling and what the group looks like as a whole, at that time. The map will help identify both individual and collective areas of health and wellbeing and areas that need work or support. It will also highlight where individual energies might usefully be spent in order to improve the health of the group and can help identify areas ripe for acting on as well as help start new conversations.

