

# Worksheet (individual)

## Finding balance: Te Whare Tapa Whā



### Activity

Think about the four walls of your house and make a note of:

- What keeps each wall in place?
- Which one feels strongest?
- Is there one that needs more support?
- What's one thing you could put in place to strengthen that wall?

<b>Taha tinana</b> (physical health)	<b>Taha hinengaro</b> (mental health)
<b>Taha whānau</b> (social relationships)	<b>Taha wairua</b> (spirituality*)
<b>Whenua</b> (connection with the land or environment)	

\* Spirituality is expressed through beliefs, values, traditions, and practices, that support self-awareness & identity. It provides a sense of meaning and purpose as well as experiencing a sense of connectedness to self, whānau, community, nature and the significant or sacred. It does not necessarily mean practising religion.