



What you can do to celebrate Matariki



Remember

The appearance of Matariki heralds a time of remembrance, something which is of great importance to NZDF. You could:

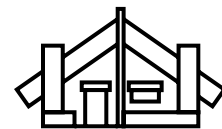
- ✂ Hold a remembrance service acknowledging those who have passed during the last year, sharing their stories, photos and memories, and a karakia (prayer)
- ✂ Have a virtual get together to honour those who went before
- ✂ Create a memory-sharing space in your workplace for remembering those who have passed, or sing a waiata together



Reconnect

Matariki provides a time for us to reconnect with our environment, especially when it comes to food gathering, preparing and sharing. You could:

- ✂ Hold a morning tea themed around gathering food that relate to the Matariki stars, such as kai from the ground, sky and trees, rivers, streams and lakes, and from the sea (kumara, fish, fruit, hangi)
- ✂ Do a working bee at a local community garden - harvesting or planting
- ✂ Get involved in some harakeke weaving as a group and get to know each other more as you talk while learning
- ✂ Engage in learning more about traditional Māori medicines (Kawakawa, Mānuka, Harakeke)
- ✂ Take a walk with colleagues - to spaces around water or parks to engage with nature



Reflect

Look to the future during Matariki by sharing your wishes and desires. This can include reflection and learning, sharing, discussion and decision making. You could:

- ✂ Get together as a team, group or family and create goals for the year ahead
- ✂ Using the NZDF Leadership framework, Lead Self Development Guide, reflect on how you developed this year.
- ✂ Review the Te Whare Tapa Whā health model and set personal goals for the year ahead