

Whanaungatanga Activities

The following are suggested whanaungatanga activities you could use in your team hui to build connection and strengthen relationships. To help you plan hui and development experiences for your team check out the [Planning Guide for Leaders](#).



My life events - draw a picture of five key events that have shaped you as a person. These could include your first job, overseas experiences, whānau, special moments. Share your picture with your team.



Te whare tapa whā (link) - discuss the dimensions of this model (physical, social, mental/emotional and spiritual). Ask kaimahi to share the things they do in each dimension to build their hauora (wellbeing).



Your whakapapa - ask kaimahi to share a) where they were born and b) a place they connect to and why these places are important to them.



Ko wai tātou - who are we? Ask kaimahi to bring a photo that shows who they are and what they love. Create a wall gallery of the photos brought along.



Your taonga - ask kaimahi to bring a taonga/personal artefact that is important to them. Share with your team what the taonga means to you and what it reminds you of.



Celebration of significant events (link) - as a group, share the cultural daes and/or celebrations that are important to you and your community. Discuss how you will celebrate these throughout the year.



My community - learn about the history of your local community by engaging in a noho marae visit, campus hikoi or other activity.



Move your mood - do physical activities together i.e., local walk, yoga class, ten-pin bowling, pétanque, mini golf.