

Session 23: People Matter: Te Whare Tapa Wha

ASPIRE PROGRAMME

| TIME | WHAT | DETAILS | EQUIPMENT NEEDED |
|------|---------------------------------|---|--|
| 10 | Ice breaker | Jockeys up- Group split into pairs, and standing in a circle, with one partner in front of the other. Pairs must obey instructions from a facilitator. Instructions include; Jockeys up, Jockeys down, Jockeys left/right, Jockey switch, jockeys over/under. | |
| 10 | Loosener/deinhibiter | Jump in Jump out- Team huddles in a circle, side-hugging. Facilitator makes calls, and group obeys and echoes back e.g. "Jump in!" *Group jumps inward and echoes back "Jump in!" | |
| 15 | Connect | Hot and not – connect, find out and care about what's going on within young people's personal lives. Frontload: Te Whare tapa Wha (Booklet, explain the model) | Workbook- People matter- te whare tapa wha |
| 5 | Ice breaker (Energizer) | Tahi, Rua, Toru, Wha!- Group stands in a circle, facilitator calls "Tahi!" and the group does the action (left hand out) etc. until "Wha!" | |
| 15 | Main Activity | Magic Shoes- Team must cross the 'river of lava' (marked out with cones/shoes). Can't walk on it unless you're wearing the 'magic shoes'! Facilitator to blindfold the strongest looking team member. | Cones/shoes Gumboots (if desired) x1 pair (2 if using 2 teams) |
| 15 | Group discussion/debrief | <p>What happened? What was that activity all about? What did you feel during the activity?</p> <p>Why do you think things happened that way? Why did you feel that way? What was it like having part of your team being weakened? Did the rest of the team have to work harder?</p> <p>What do you think this means for us? If one of our four areas of te whare tapa wha is weak, does it put strain on the others? How can we:</p> <ul style="list-style-type: none"> A) Keep our four walls healthy and strong B) See other people, with this in mind and treat them respectfully because of it. E.g. noticing someone isn't physically healthy and seeing its effect on someone's emotional health, making them sad or angry, and knowing where it's coming from. | Workbook: People Matter- Te Whare tapa Wha |

Purpose: To introduce the 'Te whare tapa wha' model, and to see people with their 'four walls' in mind.

Activity Briefs:

Jockeys up:

Participants partner up form a circle, one partner in front of the other, the partner at the back- or 'Jockey' with their hands on their partners shoulders (Jockeys up position). Facilitator calls out different actions:

- Jockeys down: Jockeys hands come off their partners shoulders.
- Jockeys switch: Jockeys and their partners switch. Partner now at the back is the new Jockey.
- Jockeys left/right: Jockey (partner at the back) runs left or right (depending on instruction) around the whole circle, and back to their partner
- Jockeys over/under: Jockeys switch with their partner either over (front partner crouches down and jockey hops over) or under (jockey crouches and crawls through between front partners legs)

Jockey ride: Jockey jumps on partners back- piggy back riding.

Jump In Jump out:

Group huddles in to shoulder to shoulder, and side-hugs (keeping safe to serve). Facilitator calls out instructions, group echo's back and acts together to complete the instruction: *Jump in, Jump out, Jump left, Jump right.*

Facilitator can use different levels/variations depending on group confidence.

Variations:

- Team echo's back the opposite instruction and does the opposite action. E.g. Facilitator says jump in, team says 'jump out', and jumps out.
- Team echo's back the opposite instruction but completes the action. E.g. Facilitator says jump in, team says 'jump out' but jumps in.
- Team echo's back instruction but does the opposite e.g. "facilitator says 'jump in', team say 'jump IN' but actually jump OUT"

Tahi, Rua, Toru, Wha!:

Gather group to stand in a circle. Once everyone is listening, facilitator explains the four actions:

Tahi – Everyone raises their left hand to chest height out to their left, palm up.

Rua – Everyone raises their right hand, with index finger extended

Toru – Everyone places their right hands' index finger onto the palm of the person to their right

Wha!- Everyone attempts to grab the person on their lefts' finger, whilst avoiding their own finger getting caught!

Run through this for as many rounds as is funny!

Magic Shoes:

Create a 'river' for the team to cross, with all participants on one side. Facilitator may split into 2 teams, or let the whole group attempt it as one team. Team(s) must cross the 'river of lava' (marked out with cones/shoes). Can't walk on it unless you're wearing the 'magic shoes'! Only one participant per team may wear the shoes, and they may only make 1 trip in 1 direction. They may NOT throw the magic shoes back to their team on the other side. Allow 2-5 minutes at the start for planning time. (the idea is that they carry others over, but let participants figure it out) Facilitator to blindfold the strongest looking team member.

Equipment: Cones/shoes, Gumboots (if desired) x1 pair (2 if using 2 teams)

Debrief: Workbook: People matters continued

Debrief model:

Reflect

-*What happened?* What happened in that activity? What happened for you? Did anything stand out, impact you?

Analyse

- *So what?* Why did it impact you? Why do you think it was so important?

Relate/Apply

- *Now What?* If you had to do this activity again, what would you do differently? How can we use the skills/values from this activity as a group in the future? How can we see past our own stereotypes for people and treat them as the individuals they are?