

# Whānau Activity Book



**ZEALANDIA**  
TE MĀRA A TĀNE



**Koia te mouri tū  
Te mouri tapu  
Te mouri ora o Te Māra a Tāne  
Tātou e tau nei  
Hui ē, tāiki ē!**

Here the life essence stands  
The sacred essence of life  
The essence of life's vitality within the garden of Tāne  
Amongst all of us here  
Gathered, united!

This bespoke karakia (prayer) composed and gifted to Zealandia by Dr Mike Ross (Ngāti Haua, Tainui, Waikato) and Dr Vincent Olsen-Reeder (Ngā Pōtiki ā Tamapahore, Ngāti Pūkenga, Ngāi Te Rangī, Te Arawa), in June 2019. Both are Māori language lecturers at Te Kawa a Māori, The School of Māori Studies, Te Herenga Waka, Victoria University of Wellington.



# Nau mai, haere mai ki Te Māra a Tāne

## Welcome to Zealandia

Zealandia Te Māra a Tāne is a regenerating forest full of some of Aotearoa New Zealand's rarest native wildlife!

What makes Zealandia special is the fence that surrounds the sanctuary. Built in 1999, the fence was the first of its kind in the world. It was specially built to keep mammalian predators out and provide a safe haven for native wildlife to thrive.

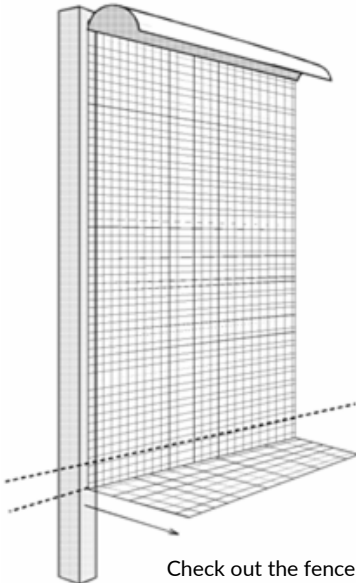
There are lots of things to discover if you take your time to look or listen closely. Listen for rustling in the leaves, look high into the tree tops and down below the ferns. Listen for bird calls, and look for movements between the branches.



**Me mātua whai i te ara!**  
*Stay on the track!*

## The First Line of De-fence

Zealandia is surrounded by a special fence that keeps mammalian predators like possums, rats and weasels out of the sanctuary.



How long is the Zealandia fence?

What part of the fence keeps climbing possums out?

What part of the fence keeps digging rabbits out?

Check out the fence display near the entrance to the sanctuary to help answer these questions.



# Get to know your neighbours

There are lots of species that you might encounter while exploring Zealandia Te Māra a Tāne! Let's get to know their names.

Match the wildlife with their names - draw a line to connect them.



**Kākā**  
Bush parrot



**Toutouwai**  
North Island robin



**Kārearea**  
New Zealand falcon



**Tuna**  
Eel



**Pūtangatanga**  
Tree wētā



**Kawau**  
Shags

# Take it all in

Find a place to sit or stand quietly, take a few deep breaths and see what you notice around you.

**Hā ki roto**

*Breathe in*

**Hā ki waho**

*Breathe out*

**Hā ki roto**

*Breathe in*

**Hā ki waho**

*Breathe out*

What are four things you can hear?

## Whā



What are three things you can see?

## Toru

What are two things you can smell?

## Rua

Touch a tree or plant nearby. What is one texture you can feel?

## Tahi



# Exploring the ngahere/forest

These species forage in different levels of the forest. Where do you think each species might find their food?



## Kārearea

These birds of prey have a sharp and powerful beak to catch and kill prey.



## Mokomoko

Skinks hide in grasses and shingle and move quickly to catch insects.



## Piwakawaka

These small agile birds can turn quickly in the air to catch insects on the wing.



## Kiwi

These birds have nostrils at the end of their beak to smell food in the ground.



## Kererū

These large birds have a wide gape for swallowing large fruit and seeds.



## Tūi

These birds have a long brush tongue that can reach inside flowers.

Who might eat flying insects?

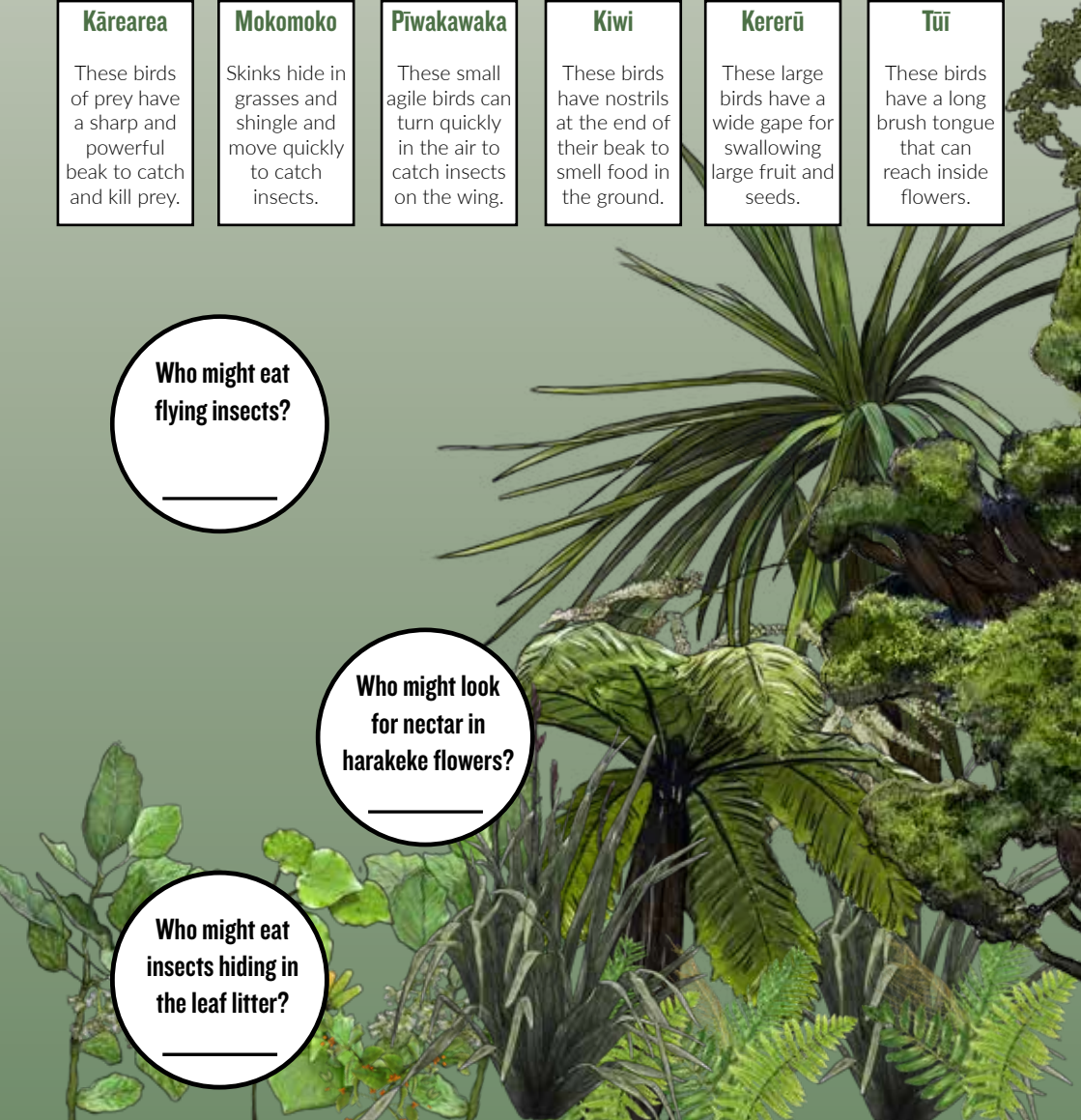
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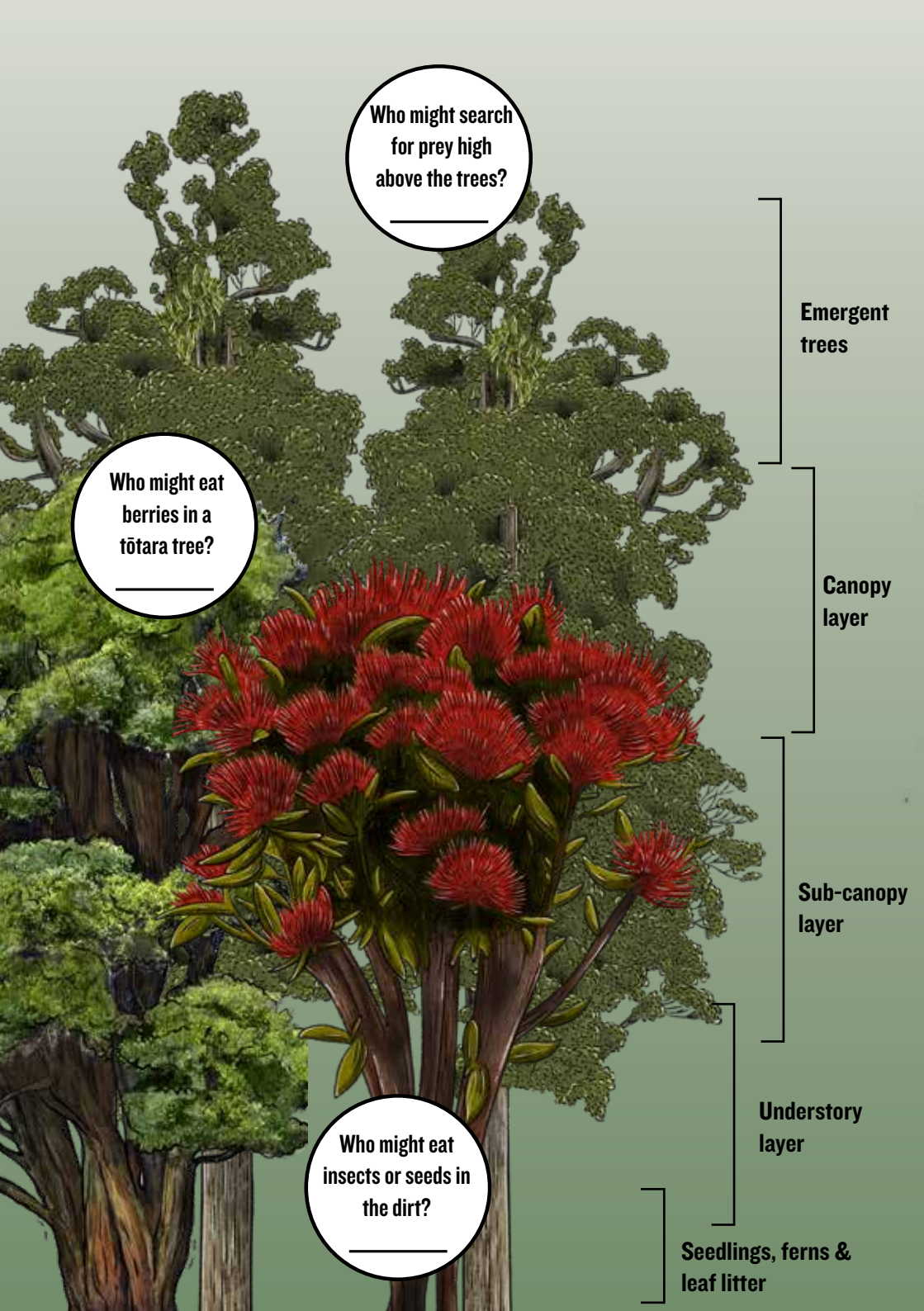
Who might look for nectar in harakeke flowers?

\_\_\_\_\_

Who might eat insects hiding in the leaf litter?

\_\_\_\_\_





Who might search for prey high above the trees?  
\_\_\_\_\_

Who might eat berries in a tōtara tree?  
\_\_\_\_\_

Who might eat insects or seeds in the dirt?  
\_\_\_\_\_

Emergent trees

Canopy layer

Sub-canopy layer

Understory layer

Seedlings, ferns & leaf litter

# Listening to the ngahere/forest

There are lots of species of manu/birds who have made Zealandia Te Māra a Tāne their home. Now that you know where they might be found in the forest layers, a great way to find them is to use your tāringa/ears!

Find a spot in the forest to sit or stand for five minutes and listen for movement or birdsong around you. You might hear (or even see) native and introduced manu.

Mark them on the sound map below with an X, and if you know the name of the bird, write that next to the X.



# Waiata



## A Ha Ka Ma Na (The Māori Alphabet Song)

This waiata was designed to teach new learners of te reo Māori the 55 different base sounds, and is sung to the tune of *Stupid Cupid* the 1958 hit sung by Connie Francis.

It is a fun song that is presented in a way that people can have fun singing in faster versions as the song progresses.

**A, ha, ka, ma, na, pa, ra, ta, wa, nga, wha**

**E, he, ke, me, ne, pe, re, te, we, nge, whe**

**I, hi, ki, mi, ni, pi, ri, ti, wi, ngi, whi**

**O, ho, ko, mo, no, po, ro, to, wo, ngo, who**

**a, e, i, o, u**

**U, hu, ku, mu, nu, pu, ru, tu, wu, ngu, whu**

**[Repeat]**



Listen to the song via the link or by scanning the QR code below:

<https://youtu.be/SBadSFvrzSY>



# Kia kaha ki te kōrero Māori!

## Give speaking Māori a go!

Use this sheet as a reference for pronunciation, and to practice asking and answering questions about the plants and wildlife throughout the sanctuary.

### WHAKAHUATANGA | PRONUNCIATION

#### Oropuare | Vowels



A long sound is usually denoted by a macron to indicate it is lengthened during pronunciation (e.g. ā as in whānau).

#### Ororua | Two vowels and diphthongs

ai ei  
ae au  
ou ao

When two different vowels are together they either retain their individual sounds and are pronounced one after the other, or they 'glide' from one vowel to the other vowel to make a different sound we call a diphthong. Examples of common diphthongs are ai, ae, au, ou, ei, ao

#### Orokati | Consonants

There are 10 consonants, they are:

**r** is usually rolled as in **udder** or **puddle**. The **r** sound is created when the tip of the tongue briefly touches the top of the mouth behind the teeth



# KUPU MĀORI | MĀORI WORDS

Practice some of these kupu as you walk through the sanctuary.  
If you see what each kupu is referring to, it can help to point and say it aloud.

**manu**

bird



**ika**

fish



**rākau**

tree



**pepeke**

insect



**mokomoko**

lizard



**ngahere**

forest



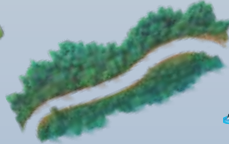
**rau**

leaf



**ara**

track/path



**awa**

stream/river



**roto**

lake



# NGĀ TAE | COLOURS



**kōwhai**

yellow



**mā**

white



**kākāriki**

green



**karaka**

orange



**waiporoporo**

purple



**whero**

red



**parauri**

brown



**kiwikiwi**

grey



**kikorangi**

blue



**pango**

black

He aha te kupu Māori mō \_\_\_\_\_?

What is the Māori word for [English word]?



**hiriwā**

silver

# I TE TAIAO | IN THE OUTDOORS

As you explore the sanctuary, practice using the sentences below to build on your conversation.

## This or that?

### He tuatara tēnei

This (close to speaker) is a tuatara

### He tuatara tēnā

That (close to listener) is a tuatara

### He tuatara tērā

That over there (away from both) is a tuatara

Try with manu (bird), rākau (plant/tree) or pepeke (insect) species you see too!



He aha te tae o tēnei/tēnā/tērā??

What colour is this/that/that (over there)?

He \_\_\_\_\_ te tae o tēnei/tēnā/tērā

This/that/that (over there) colour is \_\_\_\_\_



nīkau



tīeke/  
saddleback



rō/  
stick insect

**Ko tēhea rākau tēnei?**

What tree is this?

**Ko tēhea manu tēnei?**

What bird is this?

**Ko tēhea pepeke tēnei?**

What insect is this?

**Ko te \_\_\_\_\_ tēnei!** This is the \_\_\_\_\_!

**He aha ngā mea ka kitea i te awa?**

What can you see in the stream?

**He kōkopu tēnā!**

That is a kōkopu!



**He kōkopu tērā!**

That (over there) is a kōkopu!

**He kōura tēnā!**

That is a crayfish!



**He kōpūpūtai tērā!**

That (over there) is a freshwater sponge!!



**Mā wai tēnei kai?**

Who is this food for?

**Mā ngā kākā**

For the kākā

**Mā wai tēnei kai?**

Who is this food for?

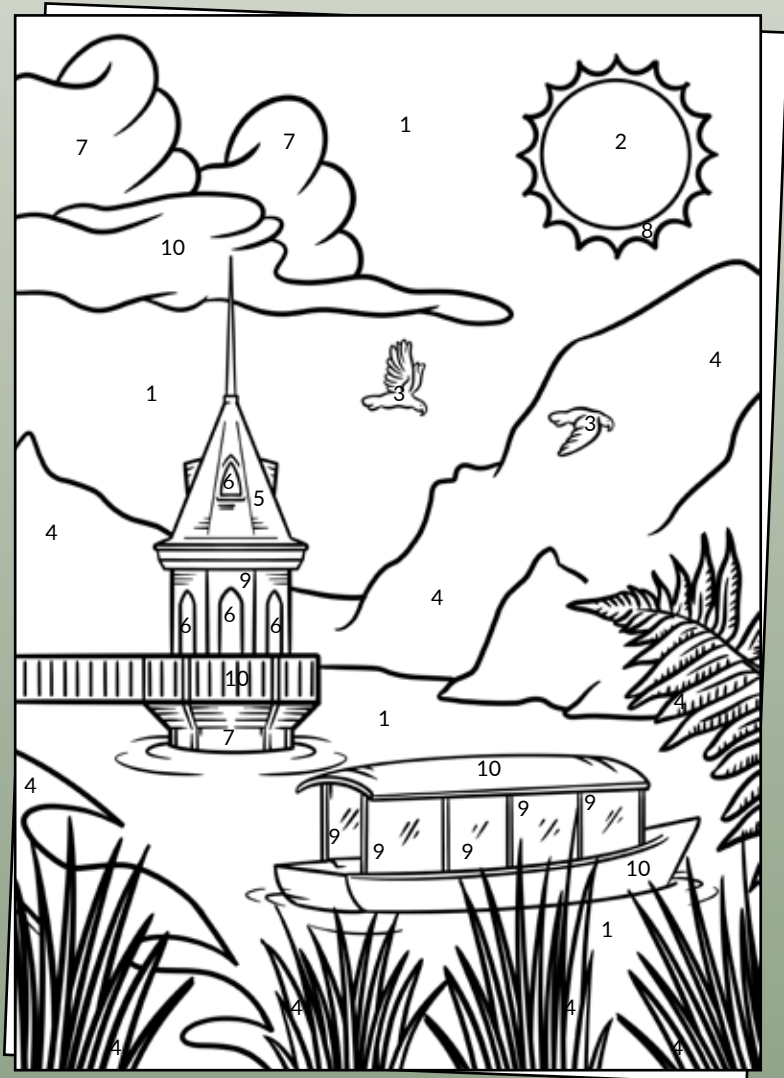
**Mā ngā hihi**

For the hihi/stitchbird



# Colour by numbers

Colour the picture according to the numbers below. Use the colours listed on previous pages to help if you need.



**Tahi**

One

= kikorangi

**Rua**

Two

= kōwhai

**Toru**

Three

= parauri

**Whā**

Four

= kākāriki

**Rima**

Five

= whero

**Ono**

Six

= pango

**Whitu**

Seven

= kiwīkiwi

**Waru**

Eight

= karaka

**Iwa**

Nine

= waiporoporo

**Tekau**

Ten

= mā

# Puzzles

pāteke /  
brown teal



kawau /  
shags



A K A W A U H K M N  
T O R T W E M P K H  
R P W U T N K H O A  
P U R N I K H M K R  
A P O A K O U R A A  
T U T R H K P N K K  
E T O I T O I M A E  
K A R M U P N U H K  
E I K U K U W A I E  
A W A E M H R W U E

Find all 12 words in the word find. All words are things you might find in a freshwater environment.

Note: macrons are missing in the word find to make a little tougher!

Toitōi

Harakeke

Tuna

Kawau

Kōkopu

Kōpūpūtai

Kōura

Roto

Kākahi

Awa

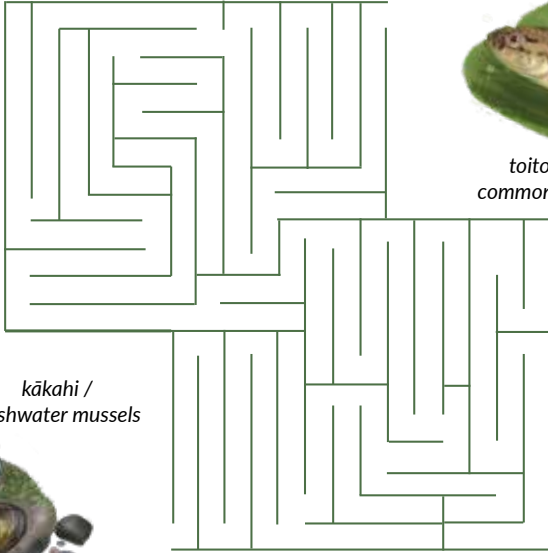
Kūkūwai

Pāteke

harakeke /  
flax

kūkūwai /  
wetlands

## Help the toitoi and the kākahi find each other



toitoi /  
common bully

kākahi /  
freshwater mussels



### Fun fact:

The bands on birds' legs are used to identify individual birds. Each bird has unique coloured bands which we can use for research and monitoring purposes.



Can you spot the 6 differences between the two toutouwai?

Circle each difference you find.

# Te Whare Tapa Whā

Looking after your wellbeing means you feel good and can do things you enjoy doing. There are many things that contribute to our wellbeing and if we're caring for each area, we're likely to have great wellbeing. If we're not feeling our best, we can look at these areas and see which ones might need strengthening.

*Our beliefs, values  
or traditions.*

**Taha Wairua**  
**Spiritual**

Reading a  
bedtime story  
or  
helping with  
dinner

**Taha Tinana**  
**Physical**

Walking  
around at  
Zealandia!

*Things that get us  
moving.*

In Te Whare Tapa Whā model, these areas form the foundations and walls of the whare/house. If we're caring for each area, our whare is strong and our wellbeing is strong!

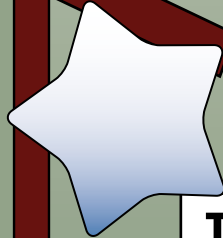
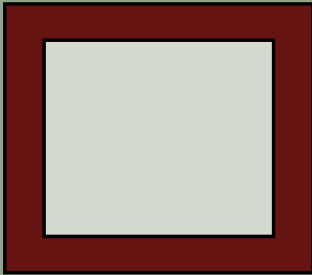
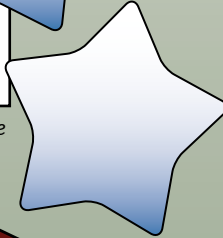
# Strengthen your whare

What are some things you can do to strengthen the walls and foundations of your wellbeing whare? We've included some examples to get you started.



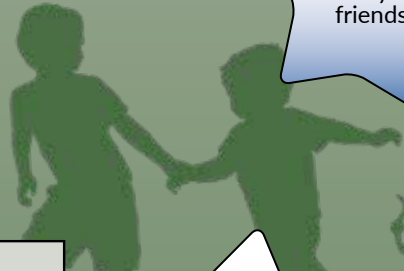
## Taha Hinengaro Mental & emotional

*Things that make us feel happy.*



## Taha Whānau Family & social

*Spending time with family and friends.*



## Whenua Land, place, roots

*Our connection to land or place.*





**Nau mai e ngā hua  
O Papatūānuku  
O Ranginui kete kai  
Whītiki kia ora!  
Hāumi e. Hui e. Tāiki e!**



I welcome the gifts of food  
Provided by the Earth Mother  
And the Sky Father, bearer of food baskets  
Gifts bound us together to sustain all of us!  
United and connected as one!



The above is a karakia mō te kai, or message of thankfulness for food.  
Use it before you eat to give thanks for your kai/food and the different parts of  
nature that allowed it to reach your table.



# Corn Fritters

Spend some time with your whānau making and eating this kiwi classic for lunch or dinner.

**IMPORTANT:** This recipe uses hot oil. Make sure an adult is present to supervise or help with cooking.

## Ingredients

$\frac{3}{4}$ cup standard grade flour	1 egg, beaten
1 tsp baking powder	440g can cream-style corn
$\frac{1}{2}$ tsp salt	2 Tbsps oil
Black pepper	

1. Sift the flour, baking powder, and salt into a bowl. Add black pepper to taste.
2. Add the beaten egg, mixing to combine.
3. Stir in the sweetcorn.
4. Heat the oil in a frying pan.
5. Drop spoonfuls of fritter mixture into the pan. Cook until golden, then turn and cook the other side.
6. Drain on absorbent paper. Serve hot.

Note: You can add other veggies to this recipe too - like grated courgette, grated carrot, chopped spinach or chopped capsicum!



This book is full of fun activities to complete with your whānau. Some activities are intended to be completed when you visit the sanctuary, but can also be completed at home, in your back yard or even at your local park. Our hope is that this book will help you connect with and learn about te taiao/nature.

This book was designed and created by the team at Zealandia Te Māra a Tāne, a not-for-profit ecosanctuary in the heart of Te Whanganui-a-Tara, Wellington.

It is free to take and yours to keep. If you are able, a koha to cover printing costs is appreciated.

We hope you enjoy this book as much as we loved creating it!



**KIA KAHA  
TE REO MĀORI**

**ZEALANDIA™  
TE MĀRA A TĀNE**