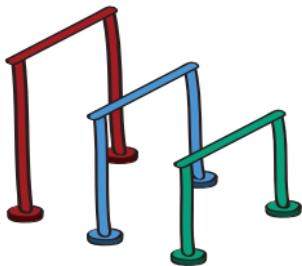


TE MANU TOROA

# Kirihimete Pukapuka Mahi

## Activity Book



TE MANU TOROA

# Ornament-Making Activity

## Salt Dough Kirihimete Ornaments

### You will need:

- 4 cups flour
- 1 cup salt
- 2 cups water
- Rolling pin
- Cookie cutters
- A straw (to make holes for hanging)

### How to make them:

- Mix the flour and salt in a big bowl.
- Add water slowly and mix until the dough is soft and smooth.
- Knead the dough with your hands for 10 minutes.
- Roll the dough out until it's nice and flat (about as thick as a coin).
- Cut out shapes using cookie cutters.
- Use a straw to poke a little hole at the top for hanging.
- Put your shapes on a tray and bake at 120°C for 1–2 hours until they are hard.
- Let them cool down completely.



### Tohutohu:

*You can use shells, treasures you find outside, or things from around your whare.*

*You can also paint your decorations to make them bright and colourful.*



# Hands-On Fun!

## Playdough

### You will need:

- 4 cups flour
- 1 cup salt
- 1 whole jar/packet cream of tartar
- 1-8 tablespoons cooking oil
- 4 cups boiling water
- Food colouring (optional)



### How to make them:

- Mix the flour, salt, and cream of tartar in a big bowl.
- Add the cooking oil but don't mix yet.
- Carefully pour in the boiling water (and food colouring if you want) and stir everything together.
- Let the dough cool for 10 minutes so it's safe to touch.
- Knead, knead, knead until the dough is smooth and soft.



### Tohutohu:

*Make lots of different colours and shapes!  
Store your playdough in an airtight container so  
you can play with it again and again.*



# Kirihimete Snacks For The Tree



## Dried Fruit Ornaments

### You will need:

- Dried orange slices
- Apple rings
- Dried pineapple flowers
- Twine or string

### How to make them:

- Poke a small hole at the top of each fruit slice.
- Thread twine through the hole.
- Tie a knot and hang on your Christmas tree!

## Popcorn Garland

### You will need:

- Air-popped popcorn
- Dried cranberries (optional)
- Cotton string

### How to make them:

- Thread popcorn onto the string, spacing as you like.
- Add dried cranberries for pops of red.
- Hang your garland on the tree!



## Mini Dark Chocolate Dipped Fruit

### You will need:

- Dried apricots, dried mango, or other dried fruit
- 70% dark chocolate
- Ribbon

### How to make them:

- Melt the dark chocolate.
- Dip half of each dried fruit piece into the chocolate.
- Let chocolate set.
- Tie with ribbon and hang on the tree.



# Taiao Activity

## Taonga from Te Taiao

Let's go for a little hīkoi and see what treasures Papatūānuku is sharing today.

What treasure did you see today?

Draw what you saw here:



# Karakia

## TO SELF-REGULATE



**Hā ki roto**

Breathe in



**Hā ki waho**

Breathe out

**Kia tau te mauri e kokiri nei**

Settle the mauri that stirs inside of me

**I nga piki me ngā heke**

Through the ups & the downs

**Ko te rangimarie tāku e rapu nei**

It is peace that I seek

**Tihei mauri ora**

# Nature Mahi Toi Activity

## Kirihimete Decorations

Let's go on a Kirihimete treasure hunt!

Go on a hīkoi with your whānau and see what you can find.

### Look for things like:

- Leaves
- Shells
- Pinecones
- Feathers
- Little sticks

Collect your treasures and take them back to your whare.



### Tohutohu:

Use what you found to make your own Kirihimete decorations or ornaments.

You can glue them onto card, hang them with string, or turn them into little art pieces.



# Obstacle Course

## Move, Jump, Crawl, Play

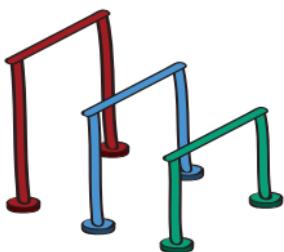
Use what you have around your whare or outside to make a whānau obstacle course. Chairs, cushions, sticks, rope, pinecones, shells — or just your imagination!

You can set up your course inside or outside.



### Tohutohu:

- Hop over cushions, or sticks
- Crawl under chairs, tables, or low branches
- Balance along a stick, rope, or line in the sand
- Sprint to collect treasures from around your backyard, park, or even by the moana!
- Toss shells into a bucket or target





Your Kaupapa Māori Healthcare Provider



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TeManuToroa



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