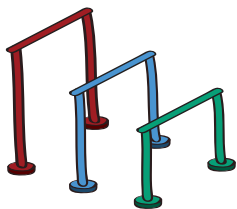


TE MANU TOROA

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

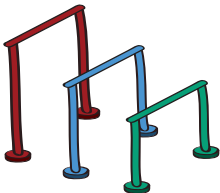
Use what you have around your whare or outside to make a whānau obstacle course. Chairs, cushions, sticks, rope, pinecones, shells — or just your imagination!

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





TE MANU TOROA

Your Kaupapa Māori Healthcare Provider



0800 114 900



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