

# How to maintain hauora (well-being)

**This task is about writing an explanation of how hauora (well-being) can be cared for and maintained.**

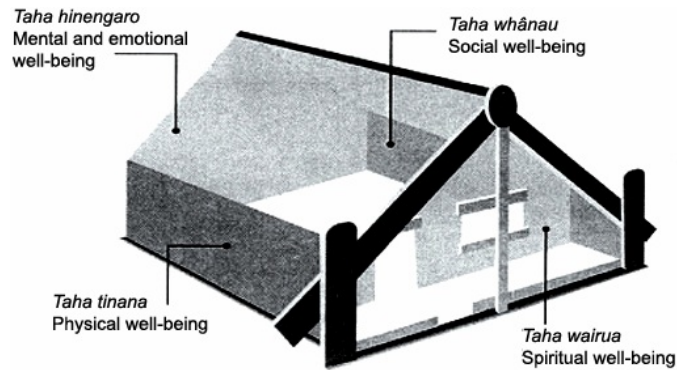
When writing an explanation, think about:

- the organisation of your ideas and information
- the way you link your ideas and information
- your use of language
- the accuracy of your spelling, punctuation, and grammar.

If you want to know more about the features of an explanation, ask your teacher for the sheet *Writing an explanation - Learning intention guide*. You can also use this sheet to evaluate your explanation.

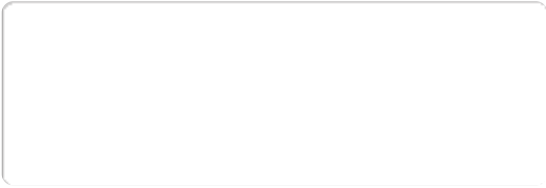
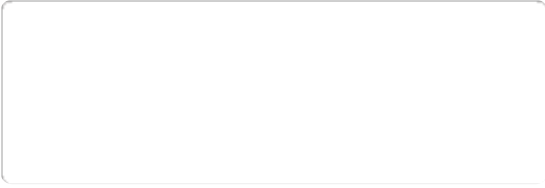
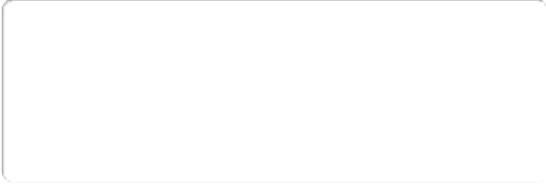
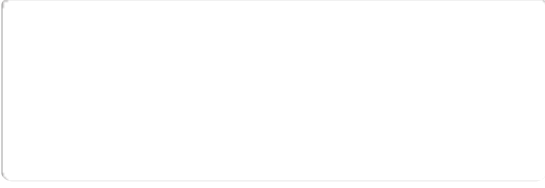
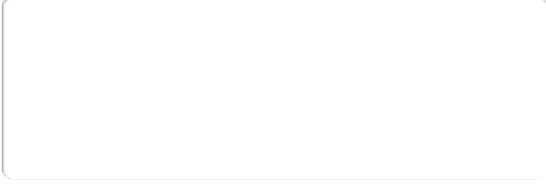
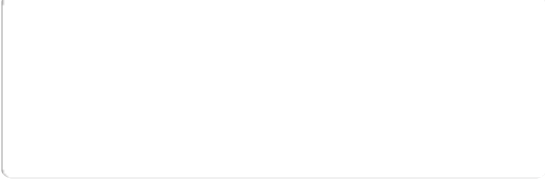


a) Read the following information.

Dr. Mason Durie developed this model. It compares hauora with the four walls of a whare (house). Each taha (wall) is a different dimension of hauora. All four walls are necessary for a person's strength and balance, just as they are in a whare. This means that a person can develop fully when all the dimensions are being cared for.



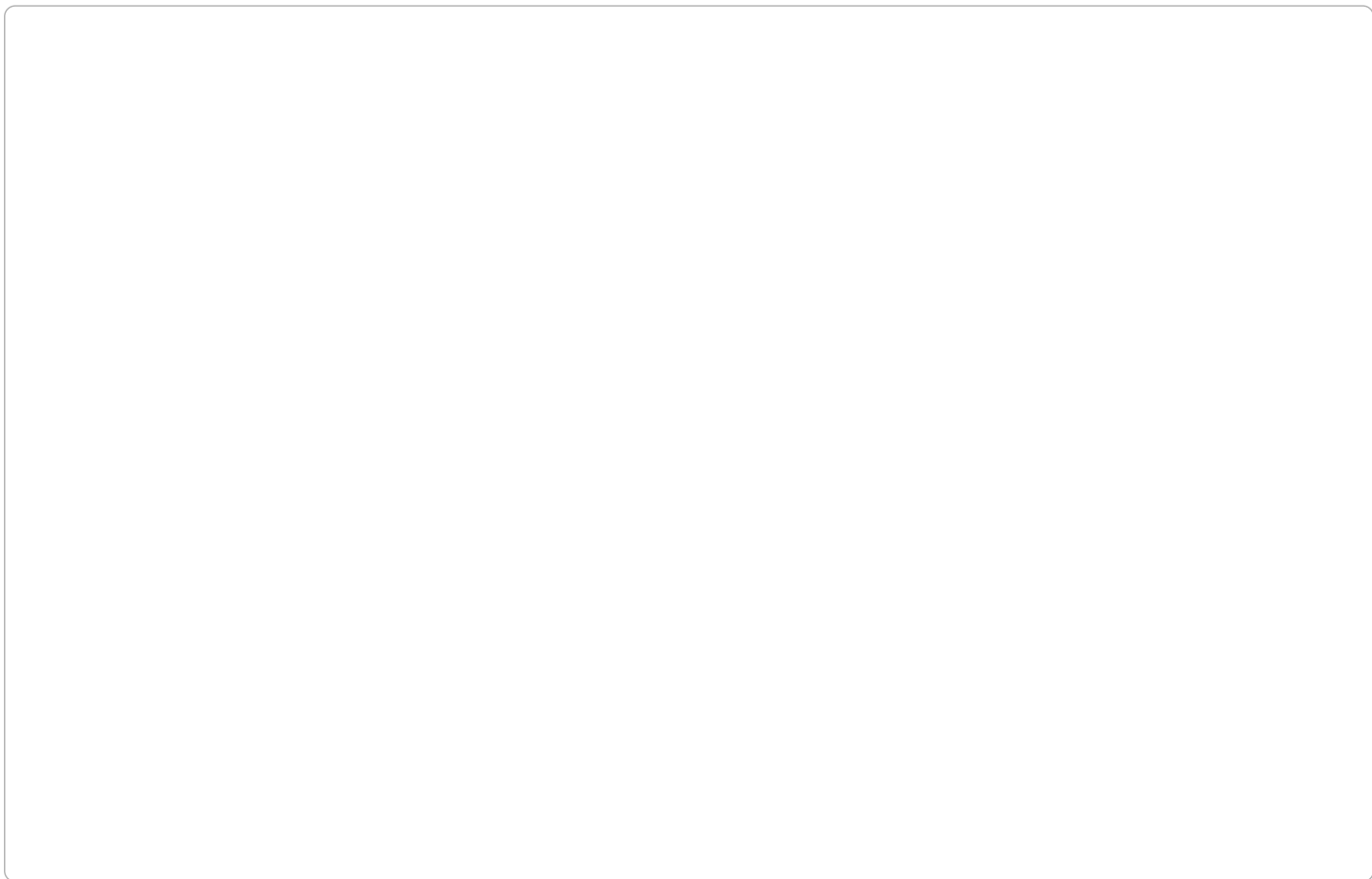
*Source: Health and Physical Education in the New Zealand Curriculum, Ministry of Education, 1999.*

b) Do a brainstorm on what each dimension could be about, and how you could care for the different parts of each dimension. Make notes from your brainstorm below. Some starter ideas have been put in for you.

<b>Hauora dimension</b>	<b>What this dimension includes</b>	<b>How you can care for this dimension</b>
<b>Taha tinana</b> (Physical well-being)	Your body 	
<b>Taha hinengaro</b> (Mental and emotional well-being)	Your thoughts, opinions and feelings 	
<b>Taha whānau</b> (Social well-being)	Your relationship with others 	
<b>Taha wairua</b> (Spiritual well-being)	Your values and beliefs 	

*Adapted from Year 7/8 Kia Kaha kit, NZ Police - Youth Education Services.*

c) Use the notes you made to write your explanation.



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