



# TĒNĀ KOUTOU TAMARIKI MĀ, tirohia tēnei para ā tatou, a Ngā Kaitiaki Moni

**Kia ora tamariki mā –  
it is that time of year again.**

**We have our Ngā Kaitiaki Moni  
autumn challenge for you!**

## How to participate

**There are 5 challenges to complete.**  
Each activity you finish gives you an entry to win a miharo prize. If you complete all the challenges, you'll also be entered into the draw for the main prize pack. Entries close 30 April 2026. See back page for the giveaway prizes!



**TAKE PHOTOS OR VIDEOS  
OF YOU COMPLETING  
THE PARA (CHALLENGE)  
AND UPLOAD THEM TO  
OUR WEBSITE!**





TAKE PHOTOS  
OF WHAT YOU MAKE!

## TIME TO GET CREATIVE!

### Why is recycling important?

Protecting our planet from rubbish and unnecessary waste is so important. To be a kaitiaki it's important you recycle where you can.

### TOP TIPS ✓



#### Tukurua!

There are loads of things around your whare that you could easily throw out tamariki mā but you can also reuse them to make sure they stay out of the rubbish.



#### Hangarua!

Making sure we recycle where possible ensures that items are either turned into something usable and useful or recycled into your bins with care and responsibility.



#### Whakawhāiti!

We want to stop bringing unnecessary items into your whare if you don't need to. Say no to excess rubbish in the first place.

### Make something out of paper!

#### Ideas

Make something out of old paper or card (newspaper, magazines, cardboard, old cards etc)

- » **Paper Mache:** Combine paper strips with glue and water to create bowls, masks, or piñatas.
- » **Weaving:** Cut paper into strips and weave them into baskets or coasters.
- » **Paper Crafts and Origami:** Use old paper to make a creation (google 'origami animals').
- » **Art Projects:** Make a collage for your room or a card for a friend.



#### TIP

Make sure you have a paper bin at home. Keep a bin for paper that can be reused. It makes it easy to find paper when you want to make crafts or use up your scraps. Make sure your whole whānau know!



## Challenge 02

# SCAVENGER HUNT

It's time to get outdoors tamariki mā and get exploring!

Autumn is a great time to get adventuring, the leaves are changing, acorns are on the ground and there are heaps of bugs too.

Get your friends and whānau to join you on a scavenger hunt.



### CAN YOU FIND...

- Something soft
- Something green
- Something smooth
- Something rough
- Something yellow
- Something brown
- Something red

### CAN YOU SEE...

- A spider web
- A bug
- A flower
- A cloud shaped like something
- A branch on the ground
- An acorn
- A feather



**TAKE PHOTOS**  
OF WHAT YOU FIND!



## If you find rubbish when you're out, how about recycling it?

You can also be a recycling whiz in your kitchen! You can access these cool labels to make your recycling bins amazing. Check your local council rules for what you can recycle in your town. Glass, paper, plastic and cans can often be recycled.

### Recycling is cool!

It will turn your old things into new things. It:

- » reduces pollution
- » saves natural resources
- » saves energy
- » keeps rubbish out of landfill

Recycling gives your items new life – making you an environmental star!



# RECIPE TIME

Time to get into the **kīhini** (kitchen) with your **whānau** and make some **snacks!** Send us a photo of your creation – here are two ideas for you to try!



**Avoid wasting food** by only shopping for what you need!

**Write a meal plan** and grocery list so you only buy what you need

**Make one meal a week only using leftovers** – how creative can you get?!

**Start a compost bin** for food scraps and leftover kai



**TAKE PHOTOS**  
OF WHAT YOU MAKE!



## Spaghetti and cheese toastie

(feeds 2)

### INGREDIENTS

- Bread, 4 pieces
- Butter – 2 tsp
- Tinned spaghetti – 1/2 cup
- Cheese, grated – 1/2 cup

### METHOD

1. Turn on your sandwich maker or heat a pan on the stove.
2. Butter one side of each slice of bread. Place the butter side down on the hot surface.
3. Top with ¼ cup of spaghetti and ¼ cup of cheese, then add the second slice of bread butter side up.
4. Cook until sizzling!

## Tortilla pizza

(feeds 2)

### INGREDIENTS

- 2x tortillas or wraps of your choice
- Tomato paste or pizza sauce or tomato sauce
- Toppings: whatever you have!  
Try corn, spinach, leftover chicken, ham or salami, tomato, or veges.

### METHOD

1. Heat your oven to 180° C .
2. Spread pizza sauce or tomato sauce on the tortilla.
3. Sprinkle with your toppings and cheese.
4. Bake until crispy and golden.



## Challenge 04

WHĀ  
four



TAKE A PHOTO  
OF YOUR  
COLOURING IN

# Te rā o te taiao Earth Day

### IDEAS

**Plant a tree.** Did you know that approximately 15 billion trees are cut down each year on earth? Planting one tree can help bring our balance back.

**Limit your water wastage.** Turn off the tap when you're not using it - it's so simple. Have a shorter shower and skip your bath time if you can. Check in on your home appliances that use water and select eco settings.

**Be a recycling hero!** See our tips under Challenge One.

## COLOURING-IN

It's Earth Day on the 22nd April tamariki mā!

Each year on April 22, more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live.



# MATCHING GAMES

Match together the sets of words!  
Draw a line between the matching set.

## Weather

Pūkohukohu



Sunny

Uenuku

Cloudy

Uira



Rainy

Huka



Windy

Rā paki



Lightning



Hūkerikeri

Snowy

Ua



Rainbow



Hukātara

Foggy

Kāpuapua



Hail



**DO YOU KNOW  
THE NAMES  
OF THE FOUR  
SEASONS IN  
TE REO MĀORI?**

Summer = Raumati

Autumn = Ngahuru

Winter = Hōtoke

Spring = Kōanga

Pūkohukohu - foggy, Uenuku - rain, Uira - rainbow, Hūkerikeri - windy, Ua - rain, Hukātara - hail, Kāpuapua - cloudy



Awa

Kōwhai

Kia ora

Orange

Toru

River

Food

Two

One

Hello

Kai

Where

Yellow

Red

Three

Ka kite

Sit down

Karaka

Rua

E noho

Goodbye

Tahi

# Autumn Leaves



**COMPLETE ONE OR BOTH**

OF THE CHALLENGES AND TAKE A PICTURE TO SHOW US!

E rite ana koe mō te para?

# Are you up for the challenge?!

BE IN TO WIN!

Main  
PRIZE

Nike kids backpack, Silver Fern touch ball,  
Velcro catch set, NZ play Money pack.



Worth  
over  
**\$95!**

Challenge  
PRIZE

\$20 Rebel Sport voucher



## How to participate

Complete one or more of the 5 challenges and submit your entry! You can submit a photo or video by either:



Uploading to our Challenge Week website: [www.whairawa.com/tamariki/aprilchallenge](http://www.whairawa.com/tamariki/aprilchallenge)



Send us a message or post on our Facebook page: [www.facebook.com/whairawa](http://www.facebook.com/whairawa)



Email us at: [whairawa@ngaitahu.iwi.nz](mailto:whairawa@ngaitahu.iwi.nz)

For each para you complete you go in the draw to win a \$20 Rebel Sport voucher, and if you complete all 5 you go in the draw to win the Main prize pack!

Entries close Thursday 30 April 2026.

Find us online at [www.whairawa.com/tamariki](http://www.whairawa.com/tamariki)

WhaiRawa NGĀI TAHU

Ngā Kaitiaki Mōri is brought to you by Whai Rawa Fund Limited. Whai Rawa Fund Limited is the issuer of the Whai Rawa Unit Trust. A copy of the Product Disclosure Statement is available at [www.whairawa.com/pds](http://www.whairawa.com/pds).