

# Matariki



## Matariki

Matariki is the mother of the kāhui (cluster). She is associated with health and wellbeing of people. She also is a sign of hope, reflection, our connection to the environment and people gathering.

### Whakatauki (proverb)

Matariki, te whetū tapu o te tau, te whetū ora mō te ao.

Matariki, the sacred star of the year, the star of wellbeing for the world.

### Ideas for learning through play

1. Bake some Māori bread together. Process cooking, where tamariki make individual loaves. They can be shaped and baked on trays, or you can also use a cleaned standard tin (eg baked beans tin) lined with baking paper.
2. Celebrate Matariki by having shared kai together. Create an event in the early evening and gather your Playcentre village or community together.
3. Learn some [karakia kai](#) (food blessings).
4. Do some of the activities in this [Matariki Activity Book](#).
5. Bake some bread and easy chicken soup with [Uncle Pare! Uncle Pare's kai: Matariki recipes and kōrero | Te Papa](#).
6. Sing the waiata [Ngā Whetū a Matariki](#). Actions and waiata by Loopy Tunes Preschool Music.
7. Read the pukapuka (book) Daniel's Matariki Feast by Linley Wellington and Rebecca Beyer. You can also [watch](#) it or listen to it being read [Daniel's Matariki Feast on Storytime by RNZ](#).

