

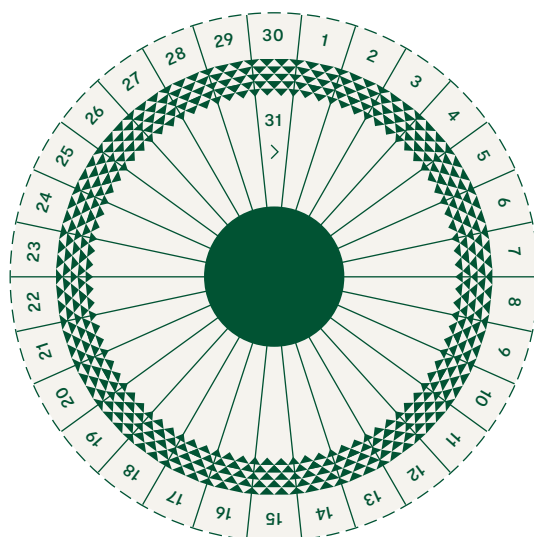
MARAMATAKA

MAKE YOUR OWN MARAMATAKA CALENDAR

To make your calendar, you will need to print these pages on card, and get a bifold pin from your local stationery store. If you can, print pages 2 and 3 double-sided, so the descriptions are on the back of the page with the large wheel.

Assembly Guide

- ① Cut out the small wheel on this page.
- ② Position it in the centre of the large wheel on page 2.
- ③ Push your bifold pin through the centre.
- ④ Then to get started, follow the tohutohu on how to use your calendar.



MARAMATAKA

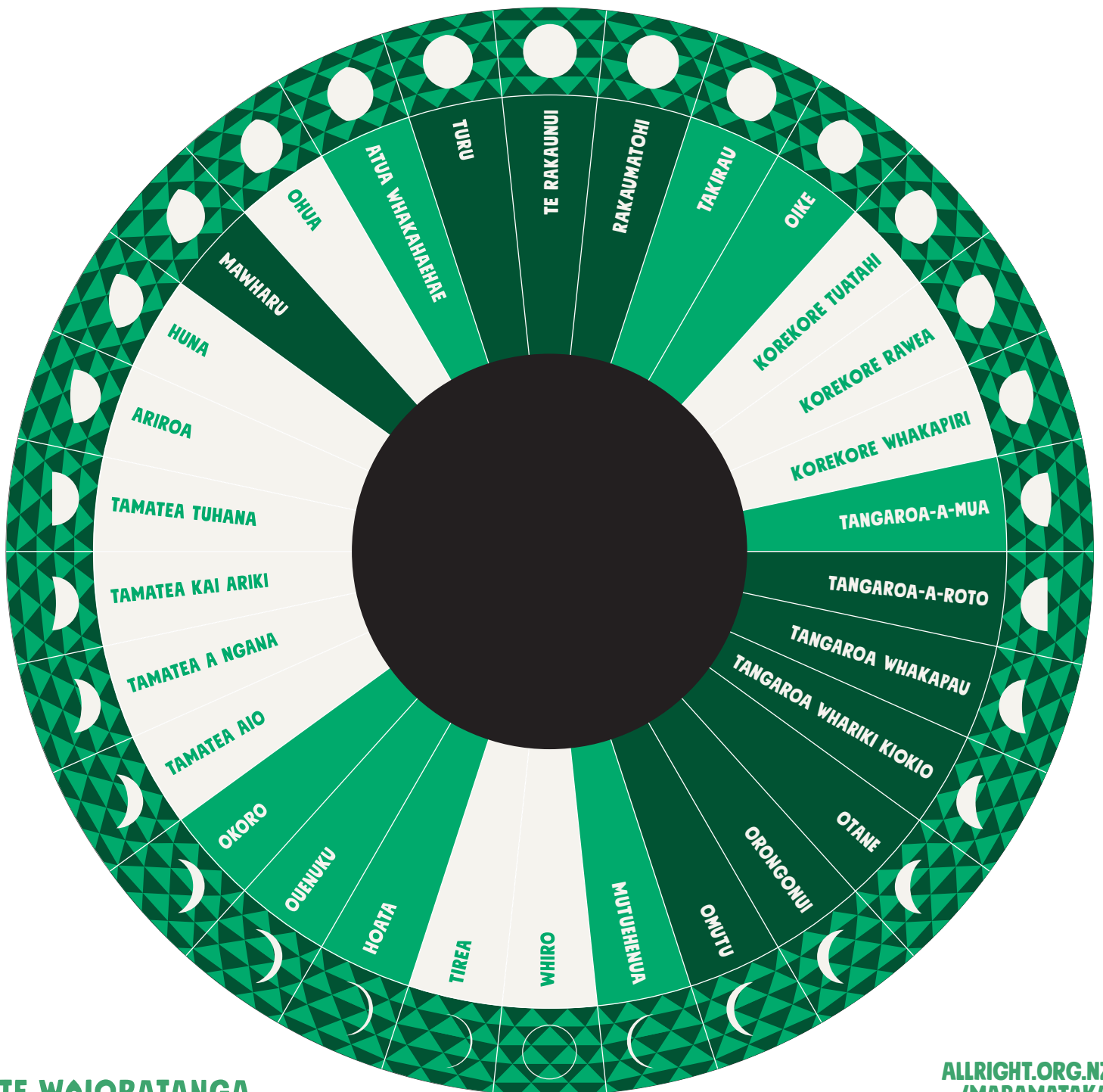
INSTRUCTIONS

- ① To get started, head to allright.org.nz/maramataka.
- ② On your calendar, align today's date with the current Rātaka (moon phase).
- ③ Turn over for tips on making the most of today.

END OF THE MARAMA?

If the marama (month) has 31 days, at the end of the month spin the small wheel clockwise one place, so the 31st falls on a new phase. And if you'd ever like to check, simply visit the website.

- High energy
- Medium energy
- Low Energy



YOUR GUIDE TO RĀTAKA O TE MARAMA

Key

Toitō
Hī ika
Pouraka
Mahi māra



<p> TE RĀKAUNUI (Full Moon) High energy.</p> <p>A good time to be productive or active, set short term goals, have people over or plan a special occasion.</p> <p>  </p>	<p> TANGAROA WHĀRIKI KIOKIO High energy.</p> <p>Surging energy. Make the most of these productive times. Be active, take notice and find ways to give back.</p> <p>   </p>	<p> TAMATEA ĀIO Low energy.</p> <p>Time to be cautious – the unpredictable can happen. Avoid hui at this time. Stay close to whānau. Take notice.</p> <p></p>
<p> RĀKAUMATOHI High energy.</p> <p>A productive day for completing mahi, getting things done and starting new projects. Be active or connect with whānau.</p> <p>  </p>	<p> ŌTANE High energy.</p> <p>A time to be productive and ask for help if you need it. Make time to get out in te taiao and give back to Tāne-mahuta.</p> <p>   </p>	<p> TAMATEA A NGANA Low energy.</p> <p>Tamatea phase as above. A time to be cautious, avoid hui and offer your support to whānau or those who need your tautoko.</p> <p>   </p>
<p> TAKIRAU Medium energy.</p> <p>Slowing down relax, rest, renew. Take notice. A good day for strategic planning. Find time to connect with te taiao (nature).</p> <p>   </p>	<p> ŌRONGONUI Medium energy.</p> <p>Productive time physically and emotionally. Personal development and positive vibes are apparent at this time.</p> <p>   </p>	<p> TAMATEA KAI-ARIKI Low energy.</p> <p>Tamatea phase as above. A time to be cautious, avoid hui and offer your support to whānau or those who need your tautoko.</p> <p>   </p>
<p> OIKE Medium energy.</p> <p>Rest to maximise time ahead. Be mindful, notice the world around you, and manage your time. Come up with ways to give back.</p> <p>  </p>	<p> ŌMUTU High energy.</p> <p>Energy is slowing. A good time for karakia, whakapapa, resting, fasting or planning for the time ahead. Recharge. Be mindful.</p> <p>   </p>	<p> TAMATEA TŪHĀHĀ Low energy.</p> <p>Be cautious. Unpredictable time. A good time for taking notice, keeping learning and giving back.</p> <p></p>
<p> KOREKORE TUATAHI Low energy.</p> <p>Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</p> <p>  </p>	<p> MUTUWHENUA Medium energy.</p> <p>Give yourself a treat, mirimiri or hair cut – something you can enjoy. Nurture your wairua, tinana, hinegaro and whānau.</p> <p>   </p>	<p> ARIROA Low energy.</p> <p>An unproductive time, bringing opportunities to be still, reflect and take notice. Be cautious, and look for ways to keep learning.</p> <p>   </p>
<p> KOREKORE RAWEA Low energy.</p> <p>Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</p> <p>  </p>	<p> WHIRO (New Moon) Low energy.</p> <p>Chillax – a good time to recharge, nurture the wairua, and fast. Stay close to whānau or friends, self reflect, plan ahead.</p> <p>   </p>	<p> HUNA Low energy.</p> <p>Giveback day for Tangaroa. A good time for self care, nourishing your hinengaro, wairua, and tinana.</p> <p>   </p>
<p> KOREKORE WHAKAPIRI Low energy.</p> <p>Good time for wānanga, creativity, planning ahead, and being close to Tangaroa. Observe the sea and its healing energy.</p> <p>  </p>	<p> TIREA Low energy.</p> <p>Make time for loved ones – go out to a movie, do something special or enjoy some downtime. Time to reflect and recharge.</p> <p>   </p>	<p> MĀWHARU High energy.</p> <p>Use your energy in productive ways that will bring great results for you in the future. Be active. Take notice.</p> <p>   </p>
<p> TANGAROA-Ā-MUA Medium energy.</p> <p>An ideal time for team events or for doing things with your whānau, friends and community. Kōrero, connect and share ideas.</p> <p>   </p>	<p> HOATA Medium energy.</p> <p>Good time to plant out seedlings and all areas of planting; seek kai knowledge to sustain whānau. Be active, keep learning.</p> <p>   </p>	<p> ŌHUA Low energy.</p> <p>Reflect, retract and stay close to whānau. A good time for learning, taking notice, being present and planning for the future.</p> <p></p>
<p> TANGAROA-Ā-ROTO High energy.</p> <p>A great phase for fishing, water activities and romiromi (massage). Be sure to drink lots of water to stay hydrated.</p> <p>  </p>	<p> ŌUENUKU Medium energy.</p> <p>Make time to explore te taiao or near water. This is also a good time to connect with others, and to learn and share karakia or your pepeha.</p> <p>   </p>	<p> ATUA WHAKAHAEHAE Medium energy.</p> <p>A good day for being mindful, taking notice of the world around us and reducing the harm towards our natural environment.</p> <p>   </p>
<p> TANGAROA WHAKAPAU High energy.</p> <p>A great time to get the creative juices flowing, challenge yourself physically, or enjoy your favourite water activities.</p> <p>  </p>	<p> OKORO Medium energy.</p> <p>Communication and creativity is flowing. Try something new. A day to appreciate life. Spend time with whānau.</p> <p>   </p>	<p> TURU High energy.</p> <p>Great time to plan for the times ahead. Make the most of this high productivity time. Be active, support others where you can.</p> <p>   </p>