

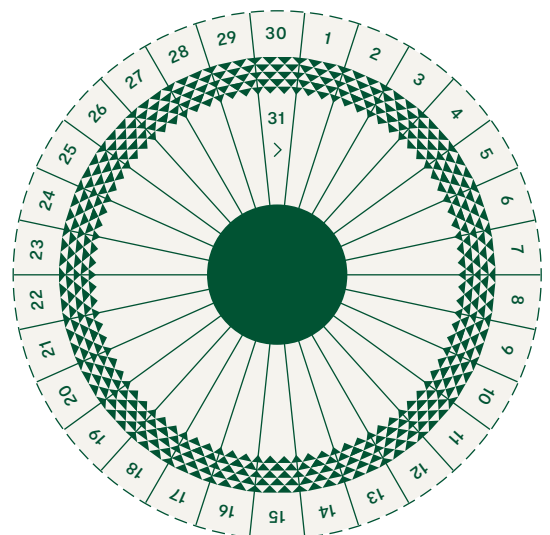
# MARAMATAKA

**ADD THE MOON PHASES USED  
BY YOUR IWI TO 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 Write your iwi's moon phases on pages 2 and 3, ensuring they go clockwise around the large wheel.
- ② Cut out the small wheel on this page.
- ③ Position it in the centre of the large wheel on page 2.
- ④ Push your bifold pin through the centre.
- ⑤ Then to get started, follow the tohutohu on how to use your calendar.



# MARAMATAKA

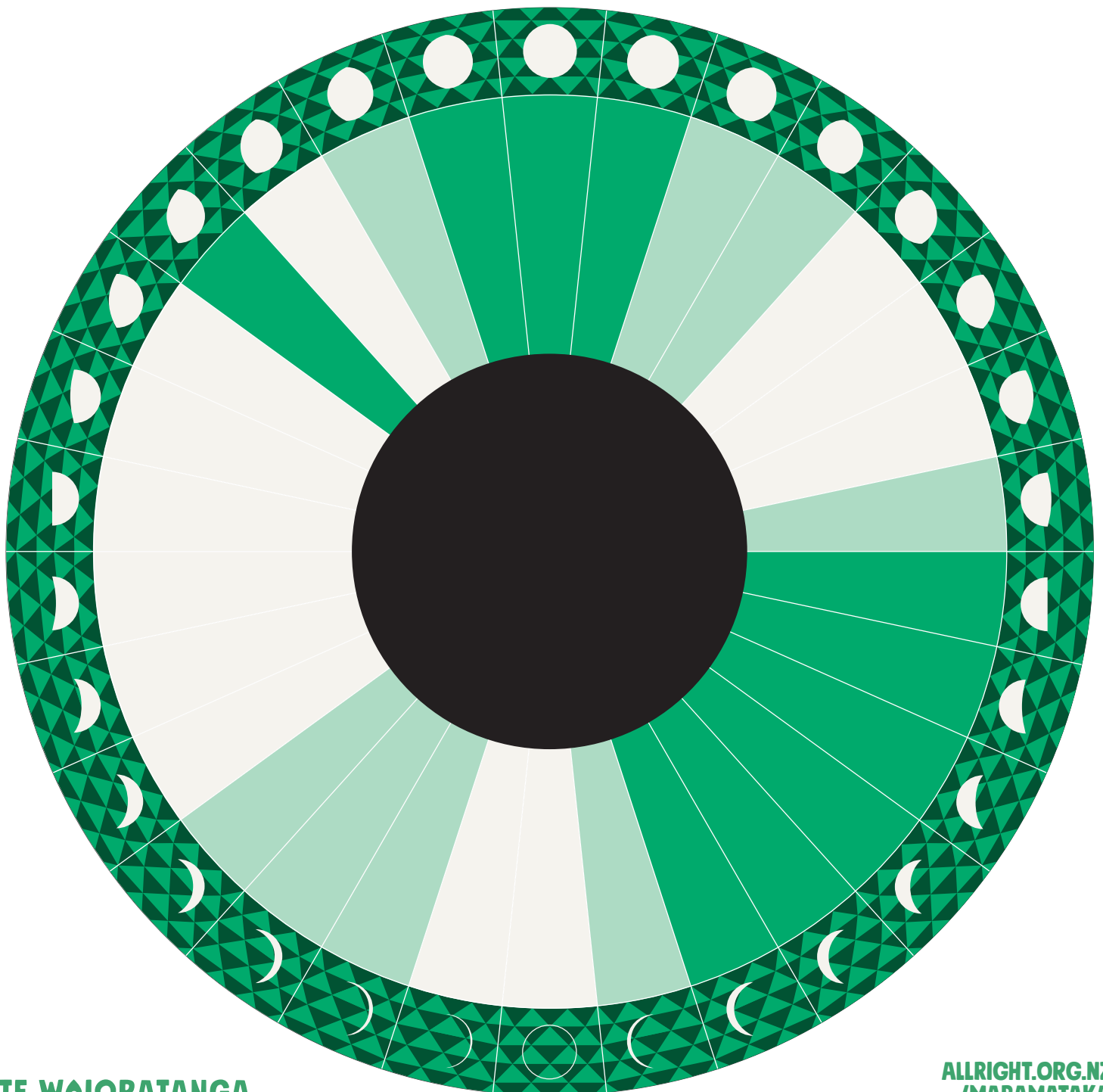
## INSTRUCTIONS

- ① To get started, head to [allright.org.nz/maramataka](http://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 MARAMATAKA

Key

Toitōi  
Hī ika  
Pouraka  
Mahi māra



  <p>A good time to be productive or active, set short term goals, have people over or plan a special occasion.</p>	  <p>Surging energy. Make the most of these productive times. Be active, take notice and find ways to give back.</p>	  <p>Time to be cautious – the unpredictable can happen. Avoid hui at this time. Stay close to whānau. Take notice.</p>
  <p>A productive day for completing mahi, getting things done and starting new projects. Be active or connect with whānau.</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>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>Slowing down relax, rest, renew. Take notice. A good day for strategic planning. Find time to connect with te taiao (nature).</p>	  <p>Productive time physically and emotionally. Personal development and positive vibes are apparent at this time.</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>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>Energy is slowing. A good time for karakia, whakapapa, resting, fasting or planning for the time ahead. Recharge. Be mindful.</p>	  <p>Be cautious. Unpredictable time. A good time for taking notice, keeping learning and giving back.</p>
 <p>Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</p>	 <p>Give yourself a treat, mirimiri or hair cut – something you can enjoy. Nurture your wairua, tinana, hinegaro and whānau.</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>Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</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>Giveback day for Tangaroa. A good time for self care, nourishing your hinengaro, wairua, and tinana.</p>
  <p>Good time for wānanga, creativity, planning ahead, and being close to Tangaroa. Observe the sea and its healing 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>Use your energy in productive ways that will bring great results for you in the future. Be active. Take notice.</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>Good time to plant out seedlings and all areas of planting; seek kai knowledge to sustain whānau. Be active, keep learning.</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>A great phase for fishing, water activities and romiromi (massage). Be sure to drink lots of water to stay hydrated.</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>A good day for being mindful, taking notice of the world around us and reducing the harm towards our natural environment.</p>
  <p>A great time to get the creative juices flowing, challenge yourself physically, or enjoy your favourite water activities.</p>	  <p>Communication and creativity is flowing. Try something new. A day to appreciate life. Spend time with whānau.</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>