

MATARIKI

Reflection Journal



My Name

Tōku Ingoa

Date

Te Rā

A time to look back, give thanks, and look forward

He aha te Matariki?

What is Matariki?

Matariki is the Māori New Year. It happens in winter when we see a cluster of stars rising in the early morning sky. Matariki is a time to:

- ✦ Remember those who have passed
- ✦ Celebrate the present with whānau and friends
- ✦ Look forward with hope to the year ahead

It's a time for reflection, gratitude, and new beginnings.

✦ What does Matariki mean to me? ✦

[illegible]

✦ Draw your ideas here ✦

✦ Draw your ideas here ✦

He Tirohanga Whakamuri

Looking Back



What am I proud of from this year?

He aha tāku e whakahihi ana?

✦ Draw your ideas here ✦

Ngā Whakawhetai

Gratitude



Who am I thankful for and why?

Ko wai ahau e whakawhetai ana, he aha ai?

✦ **Whānau | Family**

✦ **Hoa | Friends**

✦ **Kaiako | Teachers**

✦ **Ētahi atu | Others**

Why are these people special to me?

Ngā Maumahara

Remembering



What memories do I want to hold onto?

He aha ngā maumahara e hiahia ana ahau ki te pupuri?

A large, empty rectangular box with a thin purple border, intended for drawing a special memory.

◆ Draw your special memory here ◆

✦ _____ ✦ _____ ✦

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Ōku Tūmanako

My Hopes for the Year Ahead



What do I want to learn, improve, or try this year?

He aha tāku e hiahia ana ki te ako, ki te whakapai ake, ki te whakamātau rānei?

✦ Learning Goals

✦ Friendship Goals

✦ Personal Goals

✦ Something New to Try

My biggest hope for this year is...

Taku Kī Taurangi

My Matariki Promise



A promise is something special you commit to doing. It's a way to honour yourself and the people around you. What will you promise to do or work towards this year?

This Matariki, I promise to...



My signature:

Ngā Kupu o Matariki

Matariki Words



Learn these important Matariki words in te reo Māori!

Matariki

The Pleiades star cluster
Māori New Year

Whānau

Family

Whakapapa

Genealogy, lineage

Whetu

Star

Mahara

Remember, memory

Tumanako

Hope

Kai

Food

Waiata

Song

◆ Challenge! ◆

Can you use THREE of these words in sentences?
Try writing or saying them out loud!