

MATARIKI AT TE MANAWA MATARIKI



Kia Ora! Ko Matariki toku ingoa. My name is Matariki and I am a star within the Matariki cluster. Some stories refer to me as the mother of the cluster.

TITORO WHAKAMURI KŌKIRI WHAKAMUA

Look back and reflect so you can move forward.

CONNECTING WITH MATARIKI

While the name of the cluster is Matariki, there is also a whetū called Matariki within it. Some stories call Matariki the mother star. Matariki refers to a time of reflection, hope and connection. It is a time where we connect with our people, our places, our environment. The full name of the Matariki cluster is *Ngā mata a te Ariki Tawhirimātea The Eyes of the God Tawhirimātea*. There are many ways to connect with the whetū Matariki:

- Prepare and share a hākari (feast).
- Create health and wellbeing related goals for the coming year.
- Get outside and be active within the environment.
- Learn more about your ancestors.
- Plant a garden to honour the stars of Matariki.
- Learn about the Matariki cluster.
- Weave stars as a family.
- Spend some time protecting Papatūānuku.
- Fly kites or bird watch.

GUARDIAN STAR MATARIKI

Along with Pōhutukawa and Hiwa-i-te-rangi, Matariki is also a guardian star.

CREATE A WOOL STAR

You need a cardboard circle (or paper plate), scissors and wool.

Step 1: Snip inwards (approx 1 cm) around the edge of the circle in regular intervals.

Step 2: Tie a small knot in the end of the wool and push it onto the cardboard using the cut insert.

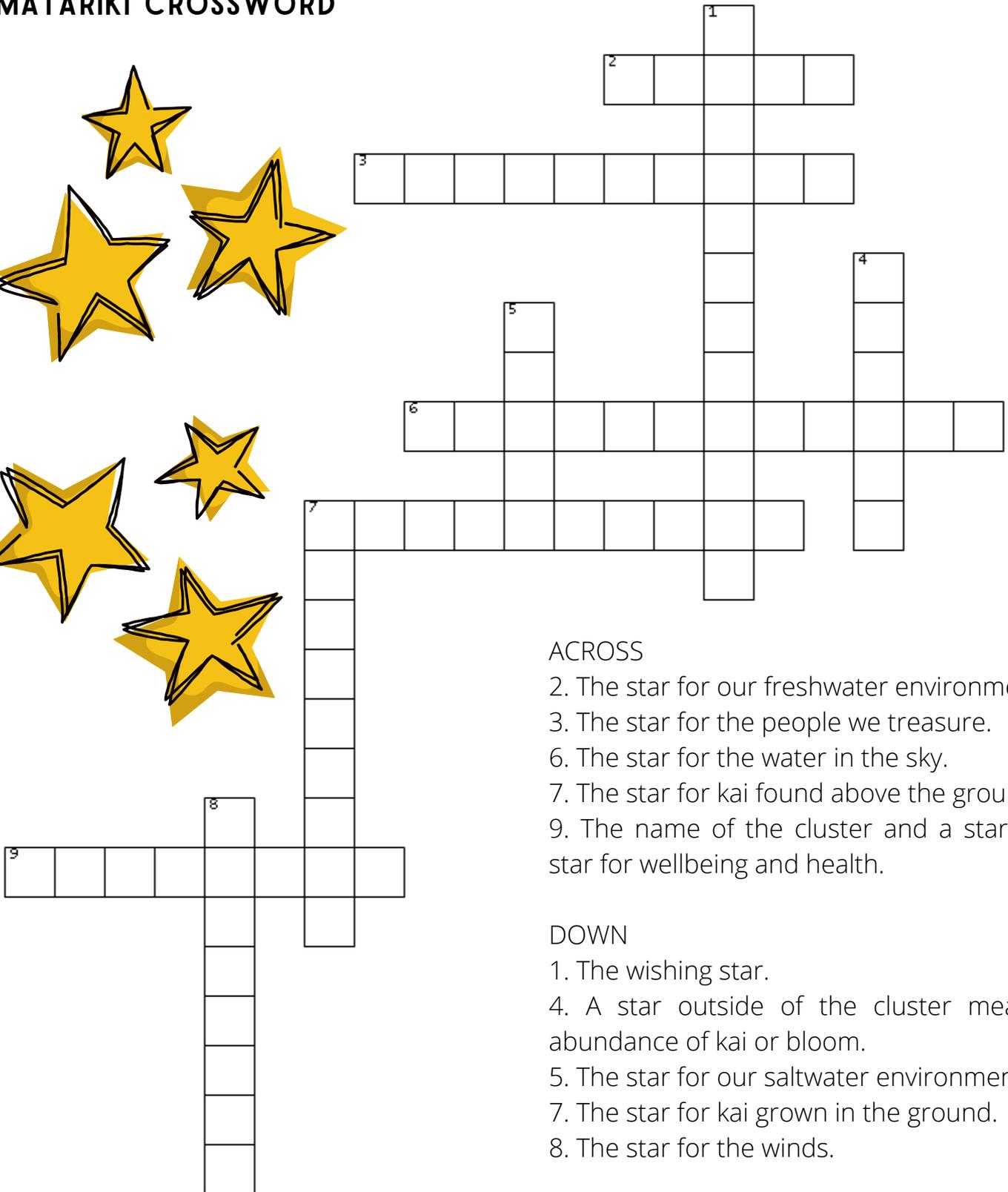
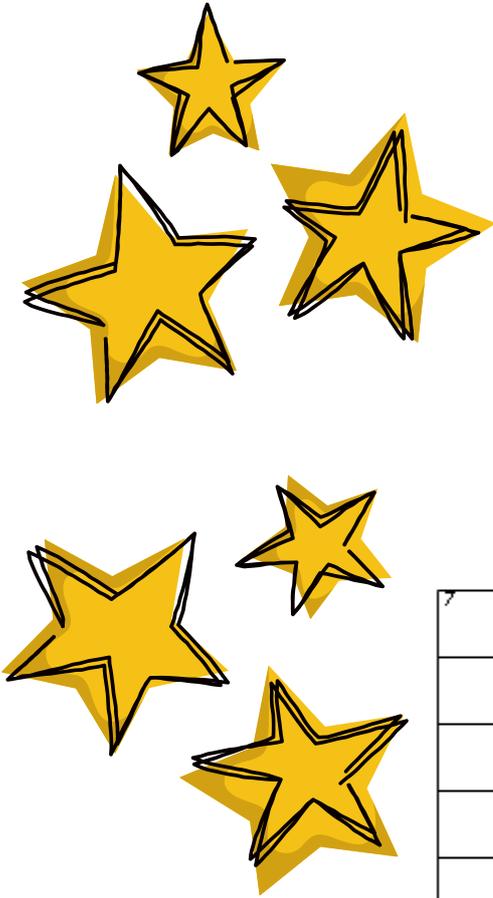
Step 3: Weave the wool through the cut inserts to create a pattern and star shape.

Step 4: When you are happy with your pattern, tie the wool off on the backside of the star.



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MATARIKI CROSSWORD



ACROSS

2. The star for our freshwater environments.
3. The star for the people we treasure.
6. The star for the water in the sky.
7. The star for kai found above the ground.
9. The name of the cluster and a star. The star for wellbeing and health.

DOWN

1. The wishing star.
4. A star outside of the cluster meaning abundance of kai or bloom.
5. The star for our saltwater environments.
7. The star for kai grown in the ground.
8. The star for the winds.

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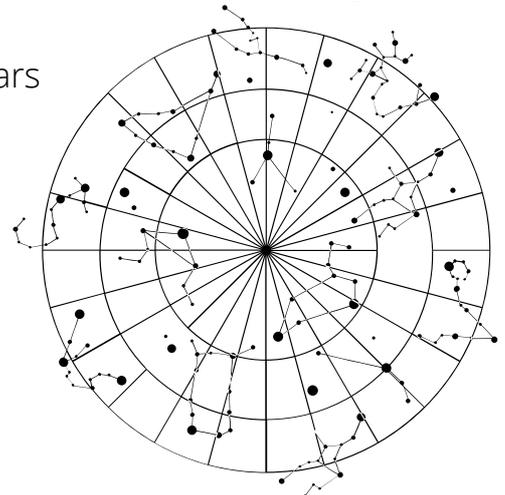
CLUSTER OR CONSTELLATION?

Stars can form clusters and constellations, but what is the difference?

Clusters are groups of stars held together by gravity. Matariki is an example of a type of cluster called an "open cluster".

A **constellation** is a group of stars that appear to us to be connected, forming a picture. However, though these stars look close together in the sky, often they are very far from each other in space. This means that over many years a constellation can change shape.

Māhutonga (the Southern Cross) is a constellation, its stars connected only by the cross shape they seem to make.



MATARIKI THE CLUSTER

When we talk about the Matariki cluster we often talk about the nine stars of Matariki (plus Puanga). There are many different stories of Matariki, with some kōrero referring to seven stars and others sharing stories about nine. There are many more stars within the Matariki cluster, around 500 in all. These stars are held together by gravitational forces.

Other cultures know Matariki by different names. The Ancient Greeks named it the Pleiades; it's Subaru in Japan, and Mao in China.

Compared to other clusters, Matariki is quite close to earth - it's "only" 444 light years away. It would still take more than a billion years to drive there in a car!

Stars within the Matariki cluster are reasonably young, and are bright blue making them the hottest type of star. The colour of stars represents the heat of a star. Blue = hottest, yellow = medium, and red = cooler.



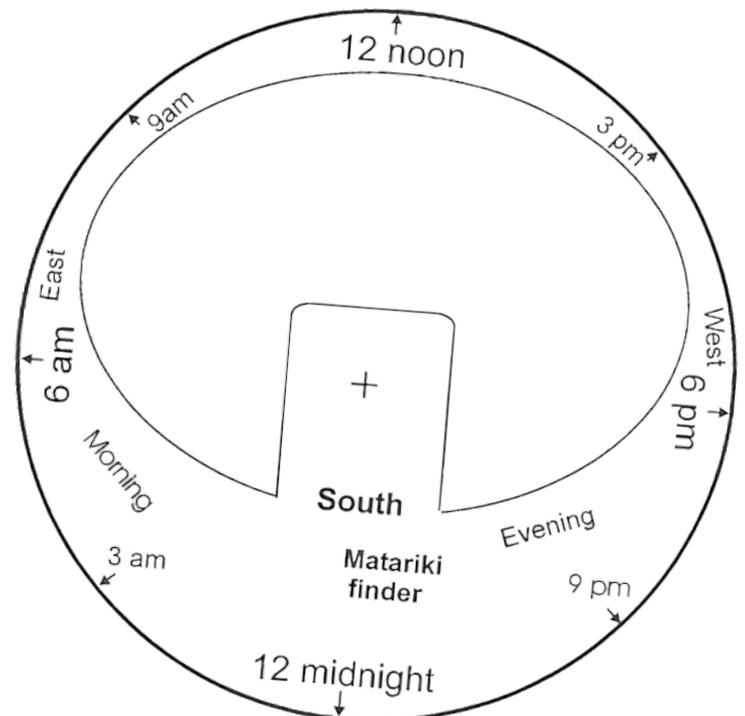
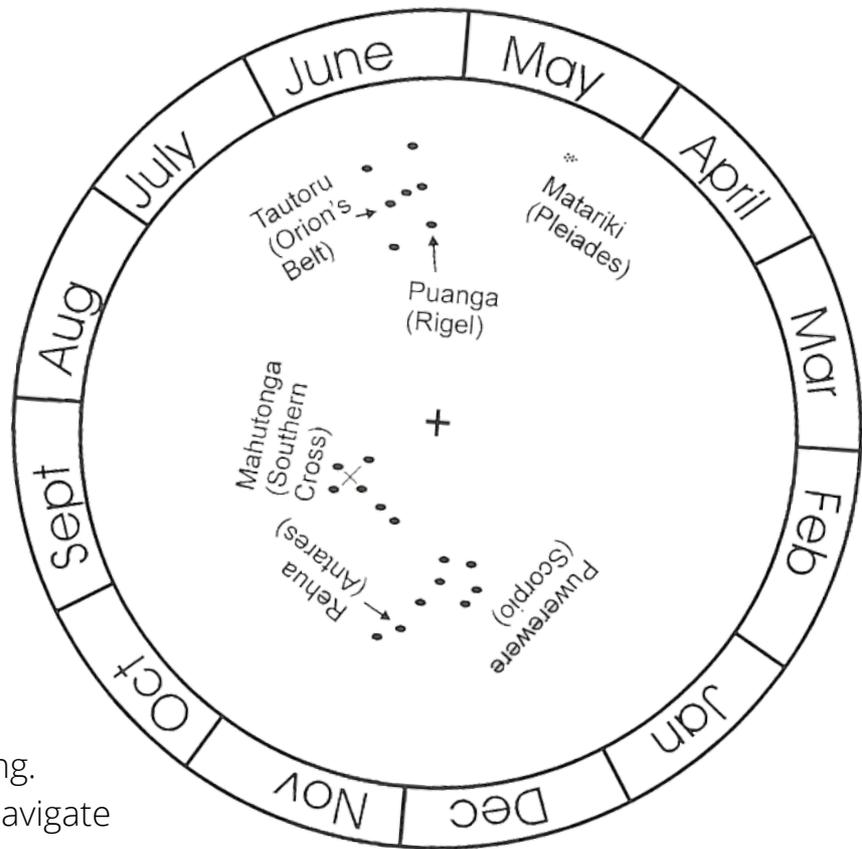
MATARIKI AT TE MANAWA

MATARIKI

Matariki can be seen most of the year but does hide behind the sun right before the seasonal period of Matariki.

Within Maramataka (the Māori lunar calendar), Matariki rises within a specific moon phase called Tangaroa (a crescent shapes moon).

Maramataka was used in many areas of Māori life including hunting, gathering, harvesting, reflection and resting. Matariki also helped Māori to navigate their voyage to Aotearoa.



How to use your planisphere:

1. Turn the top disc so the month and time line up. For example: May 6 PM
2. Hold the planisphere above your head with "South" pointing to the south to see where the constellations are in the sky.

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MATARIKI WELLBEING ACTIVITY JAR

Matariki is the whetū connected to wellbeing. One way to acknowledge Matariki is to create your own Wellbeing Activity Jar. A jar full of ideas - simple activities you can do at home when you want a little bit of "me" time. Your activities can be solo or with your friends and whānau. The only rule is they have to be something you enjoy doing! You will need a jar, popsicle sticks or coloured paper.

Step 1: Find a jar and decorate it. Celebrate the things that make you, you! You might paint the outside, add stickers or gems, or both!

Step 2: Using the popsicle sticks or coloured paper write down an activity and pop it into the jar. Repeat until you have filled your jar.

Step 3: When you want to do something that makes you happy, close your eyes, reach into the jar and pick an activity!

Some ideas include:



Spend some time outside.



Listen to your favourite song.



Paint a picture.



Make a healthy snack.



Read a book.



MATARIKI CROSSWORD (ANSWER)

