



## WEEK 4 - RĀHINA 2021

### KŌHUNGAHUNGA 9.00 - 10.00 AM

9.00 Karakia Morning  
9.05 Tohu Haukāinga (Series 1 Episode 7)

The series showcases tamariki and mokopuna being lovingly guided by pākeke as they navigate the world around them. It aims to promote self-awareness, improving self-confidence and a sense of self-security in their place in this world. Tohu Haukāinga features both live and animated characters mimicking intergenerational communication through positive and healthy relationship building.

9.15 Te Pūtaiaho (Series 1 Episode 6)

This series embraces and promotes the art of singing as part of the overall well-being of tamariki Māori. Te Pū is to identify the sources of passion within the tamaiti. Tai is the vibrations of aura within the tamaiti. Aho is the ability to connect to one's self-belief.

9.25 Tikiti Totiki Me Ngā Hoa (Series 1 Episode 14)

Set in the rohe of Te Hiku o Te Ika where healthy living and emotional wellbeing is nurtured and cherished and where all the tamariki are encouraged to use their reo, imagination, in an environment that is led by play. We follow whanau who learn through tākarō, karakia, and waiata inspired by their tupuna of Te Hiku o Te Ika.

9.35 Pūrākau (Series 1 Episode 6)

Pūrākau is a children's animated series of story time focused on Māori Myths and Legends.

9.45 Kia Mau (Series 2 Episode 45)

A fun sing-along instructional multi-platform Māori Performing Arts series for tamariki

### KURA TUATAHI 9.55AM - 12.10 PM

9.55 Tawera Fitness for Tamariki (Series 1 Episode 9)

Tawera Fitness is an exercise programme created by Tiare Tawera who shares his passion for health, wellbeing and support for a healthy lifestyle.

The programme is designed for Tamariki to learn anatomy, health and well-being.

10.20 Nekehanga Mahara (Series 1 Episode 6)

This series teaches mindfulness / whakatau te wairua using breathing and actions (meditation) to support emotional well-being. The tamariki will learn postures, breathing techniques and how to meditate.

10.50 Tū Kani (Series 1 Episode 3)

Tū Kani is an interactive dance workshop series that'll lift the wairua and heart rates of rangatahi following along at home!

Hosted by world champion dancer Tia Maipi, a long-standing member of Parris Goebel's Royal Family.

11.15 Toro (Series 1 Episode 6)

Ko Mahue Dewes tēnei te toro atu nei ki a Tangaroa, ki a Tane, ki a Haumia, ki a Rongo, ki a Maru. Ko uta, ko tai ngā akomanga, ko ngā kaitiaki taiao ngā pūkōrero, ko ngā akoranga a kui mā, a koro mā te marautanga.

11.25 Te Whare Takataka (Series 1 Episode 6)

Tei Nohotima presents a series exploring waiata using rākau rākau and taonga Māori Pākura (2 short sticks) Tītītōrea (long stick) Rākau (body and foot movement), Poi (wrist and posture) and Ā-ringā (hand co-ordination).

11.50 Te Whare Rākau (Series 1 Episode 14)

Presented by Kereti Rautangata, Te Whare Rākau is an engaging and educational learning resource that teaches mau rākau to tauira in a safe and peaceful way.

12.10 Karakia Whakamutunga



## WEEK 4 - RĀTU 2021

### KŌHUNGAHUNGA 9.00 - 10.00 AM

9.00 Karakia  
9.05 Nuku Atua (Series 1 Episode 9)

The series will showcase Hawaiiki Tū as they tell stories about our atua Māori through Māori movement. We will explore simple themes relating to our atua Māori and give our kōhungahunga an understanding of these deities, and their role in te taiao.

9.15 Mahi ora (Series 1 Episode 9)

Mahi Ora focuses on a 2D animated character that interacts with tamariki at certain identifiable locations/places (e.g. kōhanga reo, marae, wharehau, etc...). The underlying key messaging will include Hauora (Health), Whakaaro (Thinking and Knowledge) through stories, whakataukī/whakatauki and waiata, and Mana Tangata (Self-confidence)

9.25 Tikiti Totiki Me Ngā Hoa (Series 1 Episode 15)

Set in the rohe of Te Hiku o Te Ika where healthy living and emotional wellbeing is nurtured and cherished and where all the tamariki are encouraged to use their reo, imagination, in an environment that is led by play. We follow whanau who learn through tākaro, karakia, and waiata inspired by their tupuna of Te Hiku o Te Ika.

9.35 Atua Maiē (Series 1 Episode 9)

A series focusing on an animated character that shapeshifts, teaching the tamariki about marae, their kāinga, and asking questions such as: What is in our moana? What rākau and kai are in the taiao/ngahere? What kind of hangarau (technology) was used by our tīpuna, and what can we use now, and how?

9.45 Tauhōkai (Series 1 Episode 9)

A fun sing-along instructional multi-platform Māori Performing Arts series for tamariki.

### KURA TUATAHI 9.55AM - 12.10 PM

9.55 Kura Kainga (Series 1 Episode 9)

Presented by Rehia Hanara, a qualified teacher, Kura Kainga is an educational series designed to teach kids while they are at home in isolation.

10.20 KAI-Tiaki (Series 1 Episode 6)

This engaging and entertaining short form series will teach tamariki about the traditional origins of some of their favourite foods, how to cultivate or harvest this kai from the land, lakes and sea and then how to best prepare it for eating with their whānau at home.

10.50 Koro KuneKune (Series 2 Episode 6)

Te Puna Ako me Koro KuneKune is a brand new animated series featuring Koro KuneKune! Koro KuneKune likes to go to Te Puna Ako to help sustain him throughout his life - over the next ten weeks he will help guide tamariki through lessons and inter-active activities to do at home.

11.15 TOI-Stories (Series 2 Episode 9)

Toi Stories will give our young viewers insight into traditional toi Māori such as carving and weaving right through to digital design. The series aims to take them on a learning journey to see first-hand the benefits of exercising their own creative expression. Tamariki learn and develop critical skills through mahi toi and it also helps them to articulate their feelings and thoughts. Toi Stories will capture the minds of our tamariki and equip them with the basic skills they need to unleash their own, unique inner artist!.

11.25 He Kōputu Waiata (Series 2 Episode 6)

He Kōputu Waiata is a kapa haka series that will teach rangatahi some of Ngā Tūmanako's most well known waiata, haka and pātere that Ngā Tūmanako have performed at various Te Matatini competitions with the added value of the composer explaining their waiata giving the audience a deeper understating of its kaupapa and linguistic nuances.

11.50 Te Whare Rākau (Series 1 Episode 15)

Presented by Kereti Rautangata, Te Whare Rākau is an engaging and educational learning resource that teaches mau rākau to taura in a safe and peaceful way.

12.10 Karakia Whakamutunga



## WEEK 4 - RĀAPA 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00 Karakia

9.05 Nuku Atua (Series 1 Episode 10)

The series will showcase Hawaiiki Tū as they tell stories about our atua Māori through Māori movement. We will explore simple themes relating to our atua Māori and give our kōhungahunga an understanding of these deities, and their role in te taiao.

9.15 Mahi Ora (Series 1 Episode 10)

Mahi Ora focuses on a 2D animated character that interacts with tamariki at certain identifiable locations/places (e.g. kōhanga reo, marae, wharehau, etc...). The underlying key messaging will include Hauora (Health), Whakaaro (Thinking and Knowledge) through stories, whakataukāki/whakatauki and waiata, and Mana Tangata (Self-confidence)

9.25 Tikiti Totiki Me Ngā Hoa (Series 1 Episode 16)

Set in the rohe of Te Hiku o Te Ika where healthy living and emotional wellbeing is nurtured and cherished and where all the tamariki are encouraged to use their reo, imagination, in an environment that is led by play. We follow whanau who learn through tākaro, karakia, and waiata inspired by their tupuna of Te Hiku o Te Ika.

9.35 Atua Maiē (Series 1 Episode 10)

A series focusing on an animated character that shapeshifts, teaching the tamariki about marae, their kāinga, and asking questions such as: What is in our moana? What rākau and kai are in the taiao/ngahere? What kind of hangarau (technology) was used by our tūpuna, and what can we use now, and how?

9.45 Tauhōkai (Series 1 Episode 10)

Tauhōkai will be an educational series based around body movements and yoga designed to teach kids while they are at home about 'whakatau wairua' and practices relating to mindfulness using breathing and actions (meditation) to support emotional wellbeing. the show will be presented by Jshana Bristow a qualified trainer who has her own business running private fitness and self love programs.

### KURA TUATAHI 9.55AM - 12.10 PM

9.55 Kura Kāinga (Series 1 Episode 10)

Presented by Rehia Hanara, a qualified teacher, Kura Kāinga is an educational series designed to teach kids while they are at home in isolation.

10.20 Puna Mahi (Series 1 Episode 4)

He terenga reo Māori anahe tēnei e whai ana i tētahi kōtiro he waru te pakeke me ana hārautanga i tōna ao me tōna reo. E rima rawa ngā momo Puna Mahi hei whakatutuki māna. Ko ngā Puna Mahi ko te Mahi Kāinga ko te Mahi Pūkenga ko te Mahi Māori ko te Mahi Reo ko te Mahi Tōmene.

10.50 Koro KuneKune (Series 1 Episode 1)

Te Puna Ako me Koro KuneKune is a brand new animated series featuring Koro KuneKune! Koro KuneKune likes to go to Te Puna Ako to help sustain him throughout his life - over the next ten weeks he will help guide tamariki through lessons and inter-active activities to do at home.

11.15 TOI-Stories (Series 2 Episode 10)

Toi Stories will give our young viewers insight into traditional toi Māori such as carving and weaving right through to digital design. The series aims to take them on a learning journey to see first-hand the benefits of exercising their own creative expression. Tamariki learn and develop critical skills through mahi toi and it also helps them to articulate their feelings and thoughts. Toi Stories will capture the minds of our tamariki and equip them with the basic skills they need to unleash their own, unique inner artist!

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11.50 Te Whare Rākau (Series 1 Episode 16)

Presented by Kereti Rautangata, Te Whare Rākau is an engaging and educational learning resource that teaches mau rākau to tauira in a safe and peaceful way.

12.10 Karakia Whakamutunga



## WEEK 4 - RĀPARE 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00 Karakia

9.05 Tohu Haukāinga (Series 1 Episode 8)

The series showcases tamariki and mokopuna being lovingly guided by pākeke as they navigate the world around them. It aims to promote self-awareness, improving self-confidence and a sense of self-security in their place in this world. Tohu Haukāinga features both live and animated characters mimicking intergenerational communication through positive and healthy relationship building.

9.15 Te Pūtaiaho (Series 1 Episode 7)

This series embraces and promotes the art of singing as part of the overall well-being of tamariki Māori. Te Pū is to identify the sources of passion within the tamaiti. Tai is the vibrations of aura within the tamaiti. Aho is the ability to connect to one's self-belief.

9.25 Tikiti Totiki Me Ngā Hoa (Series 1 Episode 17)

Set in the rohe of Te Hiku o Te Ika where healthy living and emotional wellbeing is nurtured and cherished and where all the tamariki are encouraged to use their reo, imagination, in an environment that is led by play. We follow whanau who learn through tākaro, karakia, and waiata inspired by their tupuna of Te Hiku o Te Ika.

9.35 Pūrākau (Series 1 Episode 7)

Pūrākau is a children's animated series of story time focused on Māori Myths and Legends.

9.45 Kia Mau (Series 2 Episode 50)

A fun sing-along instructional multi-platform Māori Performing Arts series for tamariki.

### KURA TUATAHI 9.55AM - 12.10 PM

9.55 Tawera Fitness for Tamariki (Series 1 Episode 7)

Tawera Fitness is an exercise programme created by Tiare Tawera who shares his passion for health, wellbeing and support for a healthy lifestyle. The programme is designed for Tamariki to learn anatomy, health and well-being.

10.20 Nekehanga Mahara (Series 1 Episode 7)

This series teaches mindfulness / whakatau te wairua using breathing and actions (meditation) to support emotional well-being. The tamariki will learn postures, breathing techniques and how to meditate.

10.50 Ringa Pakiai (Series 1 Episode 4)

Ringa Pakia is an exciting education series that encourages the learning of traditional kēmu Māori with our tamariki, allowing the audience at home to also participate as they follow along with us.

11.15 Toro (Series 1 Episode 7)

Ko Mahue Dewes tēnei te toro atu nei ki a Tangaroa, ki a Tane, ki a Haumia, ki a Rongo, ki a Maru. Ko uta, ko tai ngā akomanga, ko ngā kaitia-ki taiao ngā pūkōrero, ko ngā akoranga a kui mā, a koro mā te marautanga.

11.25 Te Whare Takataka (Series 1 Episode 7)

Tei Nohotima presents a series exploring waiata using rākau rākau and taonga Māori Pākura (2 short sticks) Tītītōrea (long stick) Rākau (body and foot movement), Poi (wrist and posture) and Ā-ringā (hand co-ordination).

11.50 Ariki (Series 1 Episode 1)

A ground breaking rangatahi entertainment series showcasing the most thrilling concept amongst our young fluent speakers of Te Reo, 'mau rākau'.

12.10 Karakia Whakamutunga



## WEEK 4 - RĀMERE 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00 Karakia

9.05 Nuku Atua (Series 1 Episode 11)

The series will showcase Hawaiiki Tū as they tell stories about our atua Māori through Māori movement. We will explore simple themes relating to our atua Māori and give our kōhungahunga an understanding of these deities, and their role in te taiao.

9.15 Mahi Ora (Series 1 Episode 11)

Mahi Ora focuses on a 2D animated character that interacts with tamariki at certain identifiable locations/places (e.g. kōhanga reo, marae, wharehau, etc...). The underlying key messaging will include Hauora (Health), Whakaaro (Thinking and Knowledge) through stories, whakataukī/whakatauki and waiata, and Mana Tangata (Self-confidence).

9.25 Tikiti Totiki Me Ngā Hoa (Series 1 Episode 18)

Set in the rohe of Te Hiku o Te Ika where healthy living and emotional wellbeing is nurtured and cherished and where all the tamariki are encouraged to use their reo, imagination, in an environment that is led by play. We follow whanau who learn through tākaro, karakia, and waiata inspired by their tupuna of Te Hiku o Te Ika.

9.35 Atua Maiē (Series 1 Episode 11)

A series focusing on an animated character that shapeshifts, teaching the tamariki about marae, their kāinga, and asking questions such as: What is in our moana? What rākau and kai are in the taiao/ngahere? What kind of hangarau (technology) was used by our tīpuna, and what can we use now, and how?

9.45 Tauhōkai (Series 1 Episode 11)

Tauhōkai will be an educational series based around body movements and yoga designed to teach kids while they are at home about 'whakatau wairua' and practices relating to mindfulness using breathing and actions (meditation) to support emotional wellbeing. The show will be presented by Jshana Bristow a qualified trainer who has her own business running private fitness and self love programs.

### KURA TUATAHI 9.55 - 12.10 PM

9.55 Auaha (Series 1 Episode 1)

AUAHA is a magazine style infotainment series with instructional and educational content for young people.

10.20 KAI-Tiaki (Series 1 Episode 7)

This engaging and entertaining short form series will teach tamariki about the traditional origins of some of their favourite foods, how to cultivate or harvest this kai from the land, lakes and sea and then how to best prepare it for eating with their whānau at home.

10.50 Ki Waho (Series 1 Episode 4)

Ko ngā atua Māori te tāhūhū o ngā kōrero, o ngā mahi - kia tahuri ake tātou ki a Tāne Mahuta, Haumie-Tiketike rātou ko Ruaumoko.

11.15 TOI-Stories Series 2 (Series 2 Episode 11)

Toi Stories will give our young viewers insight into traditional toi Māori such as carving and weaving right through to digital design. The series aims to take them on a learning journey to see first-hand the benefits of exercising their own creative expression. Tamariki learn and develop critical skills through mahi toi and it also helps them to articulate their feelings and thoughts. Toi Stories will capture the minds of our tamariki and equip them with the basic skills they need to unleash their own, unique inner artist!

11.25 He Wai Pai (Series 1 Episode 4)

Some of te ao Māori's songbirds unite to teach rangatahi practical skills in the art of Māori music. Our array of guest tutors cover all things from guitar progressions, to voice warm ups and how to play famous Māori songs. Waiata mai!.

11.50 Ariki (Series 1 Episode 2)

A ground breaking rangatahi entertainment series showcasing the most thrilling concept amongst our young fluent speakers of Te Reo, 'mau rākau'.

12.10 Karakia Whakamutunga



## WEEK 4 - RĀHINA 2021

### KŌHUNGAHUNGA 9.00 - 10.00 AM

9.00	Karakia Morning
9.05	Tohu Haukāinga (Series 1 Episode 7)
9.15	Te Pūtaiaho (Series 1 Episode 6)
9.25	Tikiti Totiki Me Ngā Hoa (Series 1 Episode 14)
9.35	Pūrākau (Series 1 Episode 6)
9.45	Kia Mau (Series 2 Episode 45)

### KURA TUATAHI 9.55AM - 12.10 PM

9.55	Tawera Fitness for Tamariki (Series 1 Episode 9)
10.20	Nekehanga Mahara (Series 1 Episode 6)
10.50	Tū Kani (Series 1 Episode 3)
11.15	Toro (Series 1 Episode 6)
11.25	Te Whare Takataka (Series 1 Episode 6)
11.50	Te Whare Rākau (Series 1 Episode 14)
12.10	Karakia Whakamutunga



## WEEK 4 - RĀTU 2021

### KŌHUNGAHUNGA 9.00 - 10.00 AM

9.00	Karakia
9.05	Nuku Atua (Series 1 Episode 9)
9.15	Mahi ora (Series 1 Episode 9)
9.25	Tikiti Totiki Me Ngā Hoa (Series 1 Episode 15)
9.35	Atua Maiē (Series 1 Episode 9)
9.45	Tauhōkai (Series 1 Episode 9)

### KURA TUATAHI 9.55AM - 12.10 PM

9.55	Kura Kainga (Series 1 Episode 9)
10.20	KAI-Tiaki (Series 1 Episode 6)
10.50	Koro KuneKune (Series 2 Episode 6)
11.15	TOI-Stories (Series 2 Episode 9)
11.25	He Kōputu Waiata (Series 2 Episode 6)
11.50	Te Whare Rākau (Series 1 Episode 15)
12.10	Karakia Whakamutunga



## WEEK 4 - RĀAPA 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00	Karakia
9.05	Nuku Atua (Series 1 Episode 10)
9.15	Mahi Ora (Series 1 Episode 10)
9.25	Tikiti Totiki Me Ngā Hoa (Series 1 Episode 16)
9.35	Atua Maiē (Series 1 Episode 10)
9.45	Tauhōkai (Series 1 Episode 10)

### KURA TUATAHI 9.55AM - 12.10 PM

9.55	Kura Kāinga (Series 1 Episode 10)
10.20	Puna Mahi (Series 1 Episode 4)
10.50	Koro Kunekune (Series 1 Episode 1)
11.15	TOI-Stories (Series 2 Episode 10)
11.25	He Kōputu Waiata (Series 1 Episode 1)
11.50	Te Whare Rākau (Series 1 Episode 16)
12.10	Karakia Whakamutunga



## WEEK 4 - RĀPARE 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00	Karakia
9.05	Tohu Haukāinga (Series 1 Episode 8)
9.15	Te Pūtaiaho (Series 1 Episode 7)
9.25	Tikiti Totiki Me Ngā Hoa (Series 1 Episode 17)
9.35	Pūrākau (Series 1 Episode 7)
9.45	Kia Mau (Series 2 Episode 50)

### KURA TUATAHI 9.55AM - 12.10 PM

9.55	Tawera Fitness for Tamariki (Series 1 Episode 7)
10.20	Nekehanga Mahara (Series 1 Episode 7)
10.50	Ringa Pakiai (Series 1 Episode 4)
11.15	Toro (Series 1 Episode 7)
11.25	Te Whare Takataka (Series 1 Episode 7)
11.50	Ariki (Series 1 Episode 1)
12.10	Karakia Whakamutunga



## WEEK 4 - RĀMERE 2021

### KŌHUNGAHUNGA 9.00 - 9.45 AM

9.00	Karakia
9.05	Nuku Atua (Series 1 Episode 11)
9.15	Mahi Ora (Series 1 Episode 11)
9.25	Tikiti Totiki Me Ngā Hoa (Series 1 Episode 18)
9.35	Atua Maiē (Series 1 Episode 11)
9.45	Tauhōkai (Series 1 Episode 11)

### KURA TUATAHI 9.55 - 12.10 PM

9.55	Auaha (Series 1 Episode 1)
10.20	KAI-Tiaki (Series 1 Episode 7)
10.50	Ki Waho (Series 1 Episode 4)
11.15	TOI-Stories Series 2 (Series 2 Episode 11)
11.25	He Wai Pai (Series 1 Episode 4)
11.50	Ariki (Series 1 Episode 2)
12.10	Karakia Whakamutunga