

# 5

**Timeframe**  
1-2 lessons

**Years**  
4-10

**Format**  
Individual  
or groups

**Cards**  
Oho

My events

My time

My identity

Ata

Impact

Emotion

**Download**

[hpe.tki.org.nz/oho-moments](http://hpe.tki.org.nz/oho-moments)

## Ngā wā nui o tōku oranga Important life moments

Explore how important events in our lives have shaped our identities.

Using the Oho My events, My time and My identity cards, the Ata Impact and Emotion cards, and the Important life moments activity sheet, explore how events and our responses to them have shaped who we are.

5

Ngā wā nui o tōku oranga  
Important life moments

Choose an event that has been particularly meaningful to you or your whānau.

Choose an event.

ngā rā whānau  
birthdays

When did or will this take place?

ākuanei  
soon

What was or is significant about this event?

tūhononga  
connection

How did or would this make you feel?

tino hari  
ecstatic

How has it shaped or will it shape who you are?

tōiora  
wellbeing

OHO & ATA  
A TAIAHAKA PROJECT

## Ways to use the resource

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- If you don't have the **Ata** resource, download and print the cards from [hpe.tki.org.nz/ata](http://hpe.tki.org.nz/ata) or use the blank **Oho cards** to create your own.
- Use significant events that took place in your region or community.

## Discuss & compare

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- Explore the different perspectives and ideas around events, impacts, emotions and identity. Then, discuss and compare your findings with the group or classroom.

## Next steps

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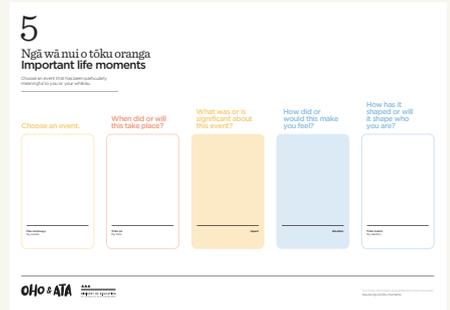
- Explore other aspects of Identities, languages, cultures and values with activities such as **My unique whānau**, **My whānau in my place of learning** and **My culture in my place of learning**.

## What you will need

Oho My events, My time and My identity cards.



Important life moments activity sheet:  
One per person or group



Ata Impact and Emotion cards.



## Activity

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### Prepare cards

This activity uses a combination of **Oho** and **Ata cards**. Add or remove **My events**, **My time**, **Impact (Ata)**, **Emotions (Ata)** and **My identity cards** to suit the context of your classroom.

### Prepare activity sheets

Print or photocopy one **Important life moments activity sheet** for each person or group.

Choose an event that is particularly meaningful to you or your whānau. For example, it might be something that has been on your mind lately. Maybe it's something you've done, something you want to do, something you want to find more about or something that is requiring focus.

Place cards on the activity sheet. Discuss why each selection was made and how it relates to the other cards. We suggest introducing the card types, one set at a time, as you work through the steps.

### 1. My events

Select a **My events card** that represents a meaningful event.

### 2. My time

Select a **My time card** that represents when this did or will take place.

### 3. Impact

Select an **Impact card** that represents what was or will be significant about this event.

### 4. Emotion

Select an **Emotion card** that represents how this did or might make you feel.

### 5. My identity

Select a **My identity card** that represents how this has shaped or will shape who you are.