

# #Protect Our Whakapapa



Pukapuka  
Whakarite

MANAAKI MAI,  
MANAAKI ATU



**GET READY**

.govt.nz

# Karakia

Whakataka te hau ki te uru  
Whakataka te hau ki te tonga  
Kia mākinakina ki uta  
Kia mātaratara ki tai  
E hī ake ana te atākura  
He tio, he huka, he hauhū  
Tihei mauri ora!

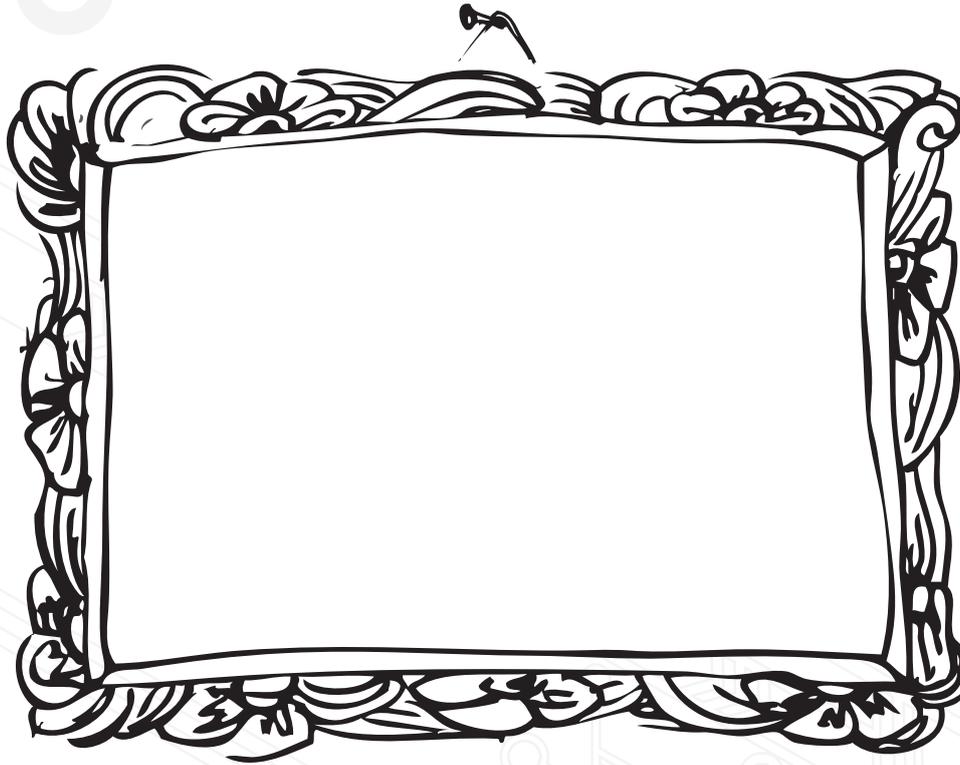
## ***Kia hiwa rā! Kia hiwa rā!***

Tāwharautia a tātou tamariki ki te korowai  
o aroha, o manaaki. Kua mahi tahi a  
**#ProtectOurWhakapapa** me **National  
Emergency Management Agency** ki te  
waihanga i tēnei pukapuka kano kia rite ai a  
tātou tamariki ki te puta mai tētahi ohotata.



# Nā wai tēnei pukapuka...

This book belongs to...



Ingoa .....  
*Name*

Rā whānau .....  
*Birthday*

He tangata hei whakapānga atu .....  
*Contact Person*

Tōna hononga ki a koe .....  
*Relationship to you*

Nama waea .....  
*Phone Number*

**Try to memorise these and learn to say them off by heart!**  
**Practice with the whānau around you.**

# Kupu Whakataki

## Introduction

### **Emergencies can happen anytime, anywhere.**

It can be a bit scary for us all, but learning more about our neighbourhood and its natural environment can help us to feel safer and prepare for an emergency.

Every whānau and household has unique circumstances, and we hope that this pukapuka whakarite can help kickstart the kōrero with your tamariki so you can feel safe and confident, in case something unexpected happens.

**#ProtectOurWhakapapa** have teamed up with our good friends at the **National Emergency Management Agency** to create these cool little activities to help whānau prepare for different types of emergencies.

For more info on how to keep you and your whānau safe during an emergency, check out

[getready.govt.nz/prepared](https://getready.govt.nz/prepared) and  
[protectourwhakapapa.co.nz](https://protectourwhakapapa.co.nz)



# Mā wai tēnei pukapuka?

Who is this book for?

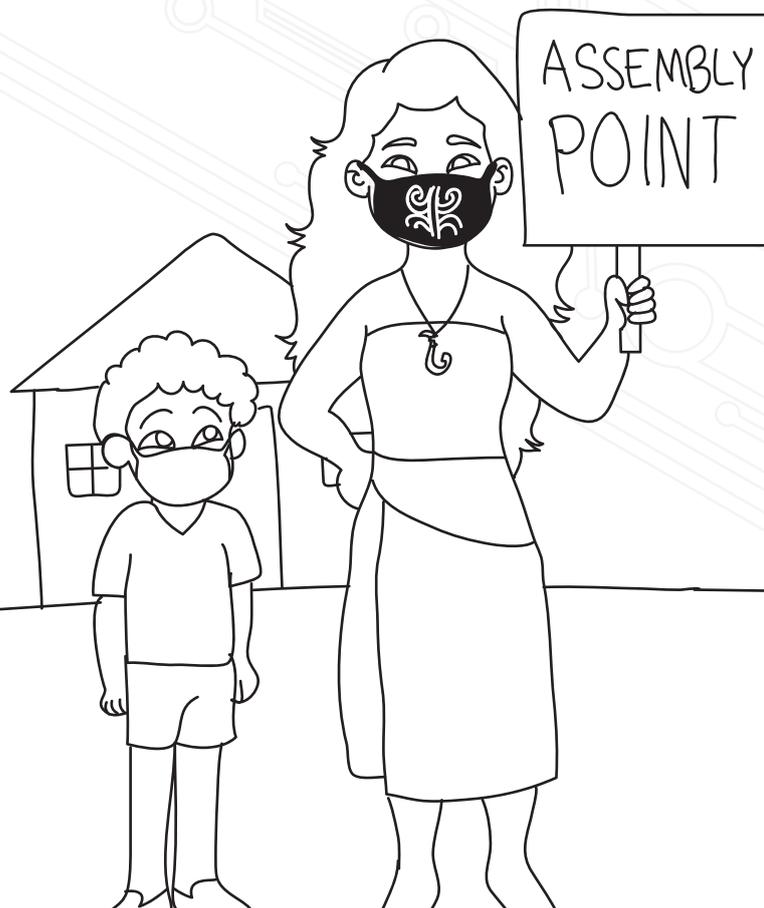
We've created this pukapuka for tamariki aged 8-12, but we encourage the whole whānau to get involved. To be honest, us pakeke (adults) might learn a thing or two. We've definitely learnt a few things while putting it together.

Some of the kaupapa we cover include:

- **Tiakina tō whakapapa** Protect your whakapapa
- **Ngā momo ohotata** Types of emergencies
- **Whakaritea tō whare** Get your household ready
- **Karawhiua!** Let's go!



*This icon means there's a hei mahi (activity) you can complete. Follow the instructions with each hei mahi every time you see it.*





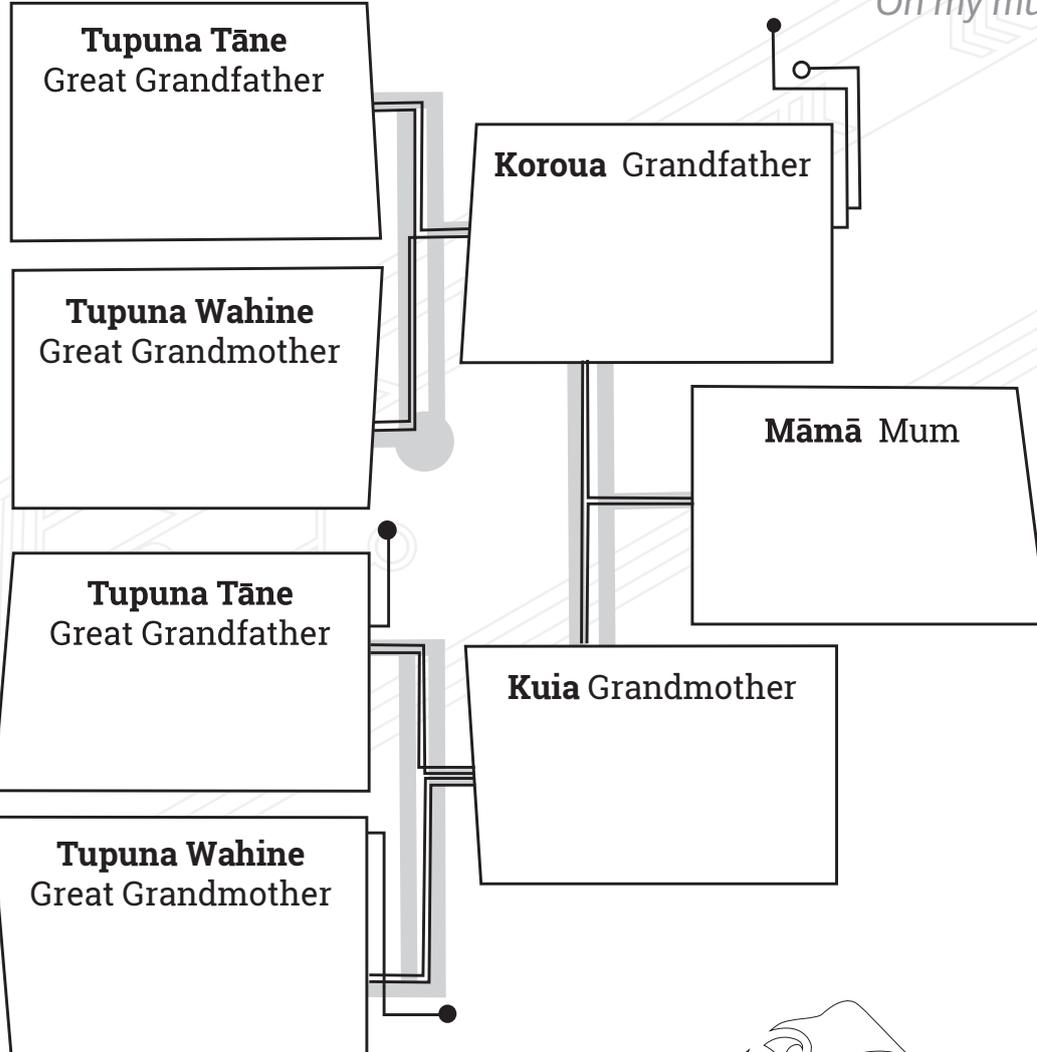
#Protect Our Whakapapa

# Tōku Whakapapa

My whakapapa

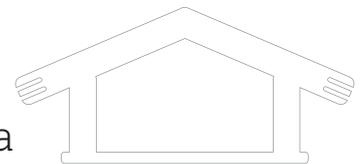
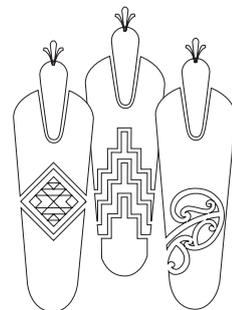
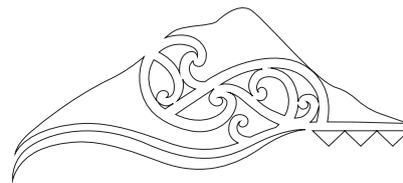
I te taha o tōku māmā

On my mums side



## Pepeha

- Ko ..... te maunga
- Ko ..... te waka
- Ko ..... te awa
- Ko ..... te iwi
- Ko ..... te hapū
- Ko ..... te marae
- Ko ..... te rangatira
- Ko ..... ahau

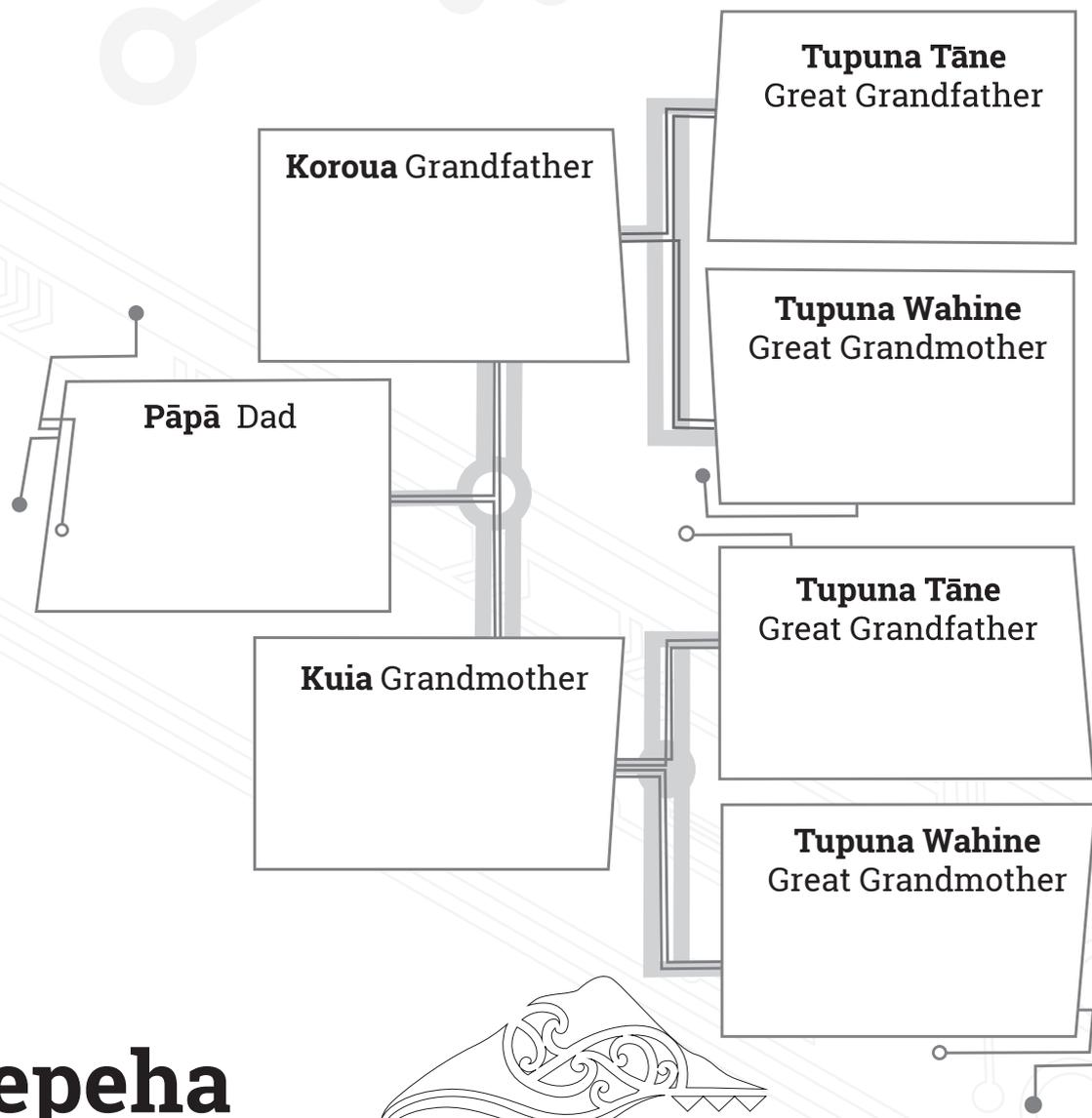


# Tōku Whakapapa

My whakapapa

I te taha o tōku pāpā

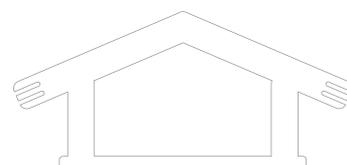
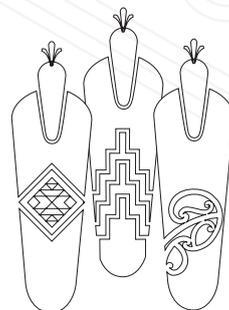
On my dads side



## Pepeha



- Ko ..... te maunga
- Ko ..... te waka
- Ko ..... te awa
- Ko ..... te iwi
- Ko ..... te hapū
- Ko ..... te marae
- Ko ..... te rangatira
- Ko ..... ahau



# Me Takatū

## Get Prepared

Here's a few things we can do to get prepared



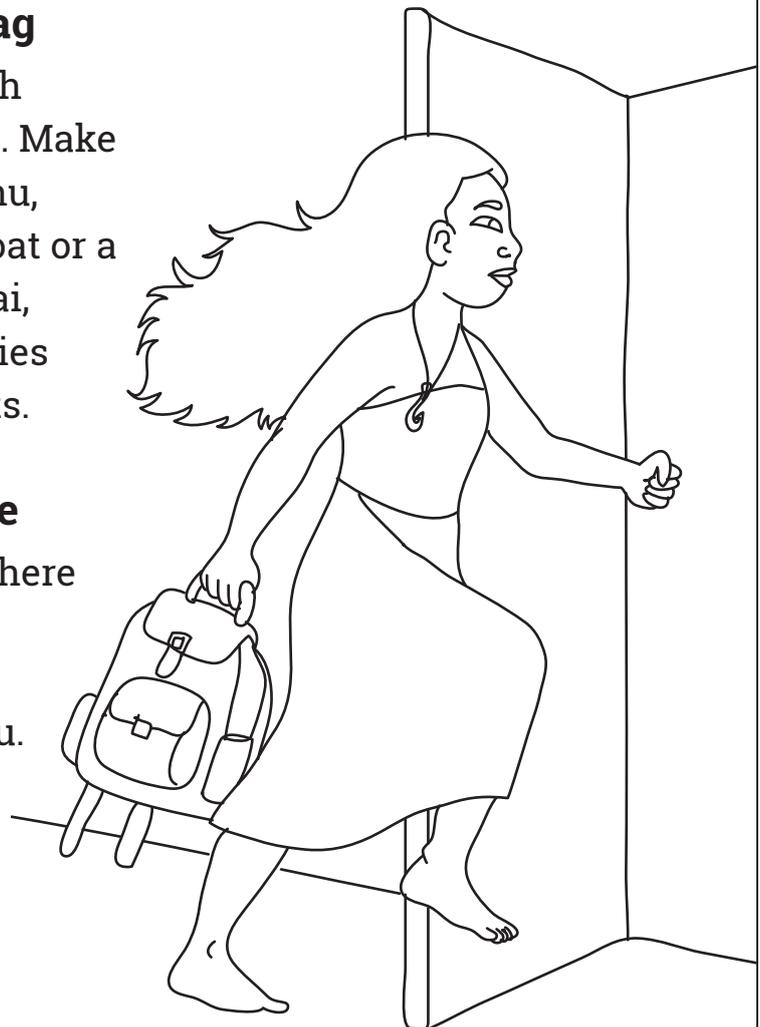
### Emergency supplies

Make up an emergency supply kit that will be easy to find - even in the dark. It should include wai (water), kai (food), medical supplies and hygiene essentials. Have enough in your kit that will last your whānau three days or more.



### Prepare your grab bag

Pack a grab bag for each person in your whānau. Make sure it has warm kākahu, walking shoes, a raincoat or a rubbish bag, wai and kai, hand sanitiser and copies of important documents.



### Practice your routine

Make sure you know where your safe zone is, and practice going there with your whānau.

# I te wā o te ohotata...

In an emergency...



## **Move to safety**

If you need to evacuate, get to your evacuation point, safe zone, or blue zone as quickly as you can.



## **Stay informed**

Tune in to your local Iwi Radio for updates from emergency services and Civil Defence.



## **Stay put**

Stay where you are until you've been given the all clear from Civil Defence.



**If you're feeling scared,  
or need help, call 111!**

# Ngā momo ohotata

Types of emergencies

Emergencies can happen anytime, anywhere.



Write the english translations to these kupu (words). Pages 12 - 17 will be able to help you find these kupu. We've done the first one for you.



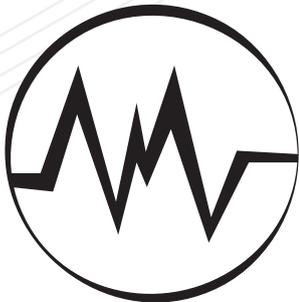
Ngā Tai Āniwhaniwha  
**Tsunami**

.....



Ngā Waipuke

.....



Ngā Rū Whenua

.....



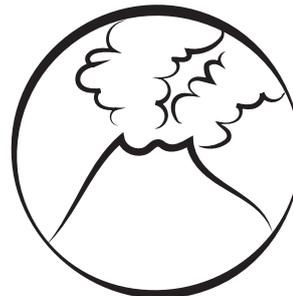
Ngā Āwhā

.....



Ngā Horo Whenua

.....



Ngā Puia

.....



# Ka mōhio rānei koe? Do you know?

What kind of natural hazards can happen in your rohe where you live?

.....

.....

.....

Where is your nearest evacuation point or safe zone?

.....

.....

.....

How do you contact your local CIVIL DEFENCE group?

.....

.....

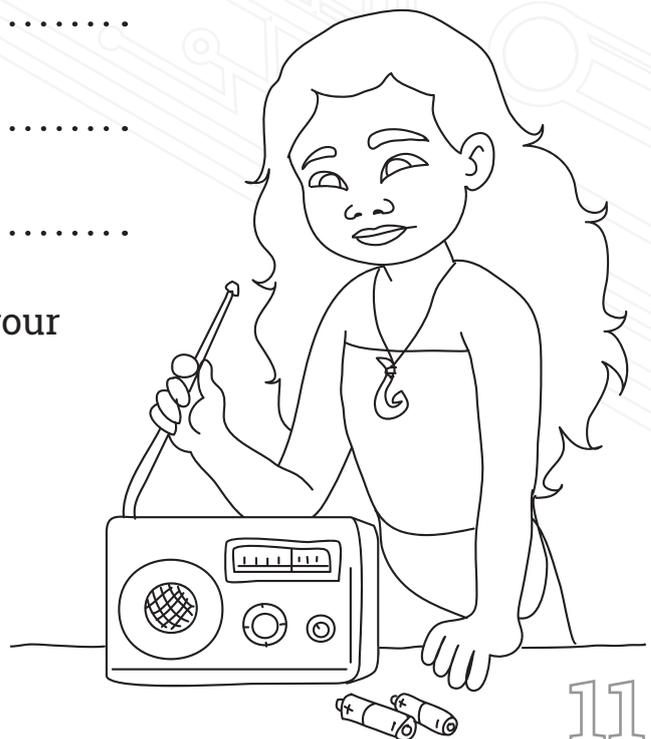
.....

What is the name and frequency of your local Iwi Radio station?

.....

.....

.....



# Ngā Rū Whenua

## Earthquakes

- ✓ **Paheke – Drop**  
Drop to the ground to protect yourself from falling over.
- ✓ **Hīpoki – Cover**  
Go under a table or desk if you can. Cover your ūpoko (head) and kakī (neck) with your ringaringa (arms), so falling objects can't harm you.
- ✓ **Pupuri – Hold**  
Hold tight and don't get up until the shaking stops.



# Ngā Waipuke

## Flooding



### Head for higher ground

If you see rising water, head for the hills, or your local maunga (mountain).



### Don't swim, walk or drive

Don't try to swim, walk or drive through a flood.



### Stay out of flood water

Always assume that flood water is paru.

HEI MAHI



*Kupu hou - learn some new words, match the english words with the kupu Māori.*

Waipuke

Haumaruru

Ohotata

Mahere

Whakaroto

Reo irirangi

Pukepuke

Rawa

Inland

Plan

Resources

Hill

Radio

Safe

Flood

Emergency



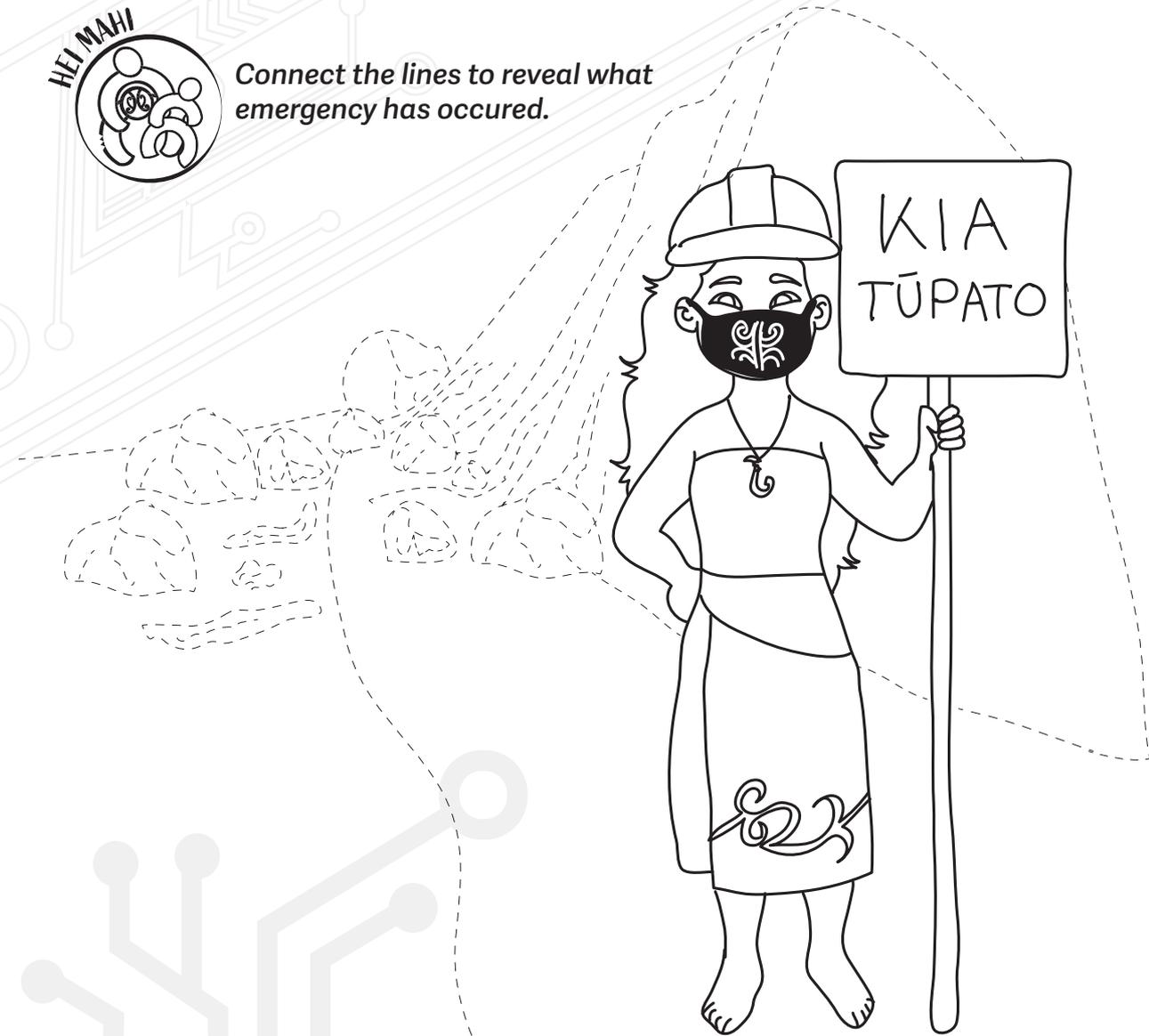
# Ngā Horo Whenua

## Landslides

- ✓ **Get out of the way**  
The best way to protect yourself from a landslide is to get out of its way.
- ✓ **Evacuate if in danger**  
Move quickly to your safe zone if your whare or building is in danger.



Connect the lines to reveal what emergency has occurred.



# Ngā Āwhā

## Storms

- ✓ **Tie it down**  
If you see anything that a storm could break or pick up, bring it inside or ask a pakeke (adult) to tie it down.
- ✓ **Stay inside**  
Close all doors, windows, and curtains.
- ✓ **Kia Mataara**  
Storms can trigger floods and landslides, kia mataara!



Write down 3 things outside your whare that could flip over during a storm. Examples include a trampoline, a dog kennel, or a playhouse.

- 1 .....
- 2 .....
- 3 .....



# Ngā Tai Āniwhaniwha

## Tsunami

- ✓ **If it's long or strong, get gone!**  
If an earthquake lasts longer than a minute, or it's hard to stand, get gone!
- ✓ **Get to higher ground**  
If you are near the moana, get to higher ground or as far inland as possible.
- ✓ **Stay in your safe zone**  
Even if you haven't heard an official warning, get to your nearest evacuation zone and stay put until Civil Defence gives the all clear.



Write down where your nearest evacuation safe zone is. Is it up a hill? Or inland?

.....  
.....



# Ngā Puia

## Volcanic Activity



### Get Inside

Find shelter and stay away from the ash until it has settled.



### Keep the ash out

Close all windows and doors. Make sure the heat pump is off so the ash doesn't come inside.



*Finish the drawing of the volcano within the window frame.  
What colour will your volcano be?*



# Ngā Ahi

## Fire

- ✓ **E heke - Get Down**  
Drop down to the ground and shout FIRE, FIRE, FIRE!
- ✓ **E ngōki - Get Low**  
Crawl low and fast towards your nearest exit.
- ✓ **E puta - Get Out**  
Meet at your whānau assembly point.



*If you can't get out - close the door and put a towel or blanket under it. Get to the window and shout FIRE, FIRE, FIRE!*

*As soon as its safe, call 111 from a mobile phone or a neighbour's house.*

# Te Mate Urutā

## Pandemic



### Stop The Spread

Horoia ō ringaringa, wash your hands with soap and water for as long as it takes you to sing Hari Huritau from beginning to end - twice!



### Protect your whānau

Tell an adult as soon as you feel māuiui (sick) so they can help protect you and your whānau.



*Brainstorm with your whānau things you could do to keep everyone safe. Give out roles, like who's in charge of keeping surfaces germ-free.*



# Tuhia tō whare

Draw your whare



*It's always good to know where your exits are during an emergency.*

*Draw a map of your whare and mark out the best exits so you can get out safely.*

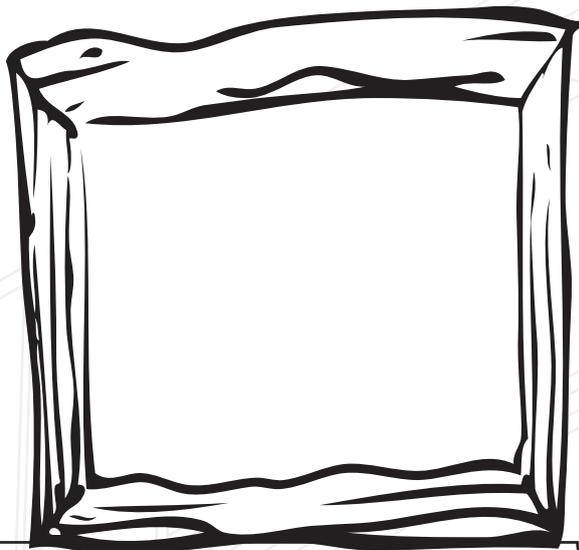
*Use your new map to figure out a safe meeting place with the whānau - make sure it's outdoors and everyone knows where it is!*



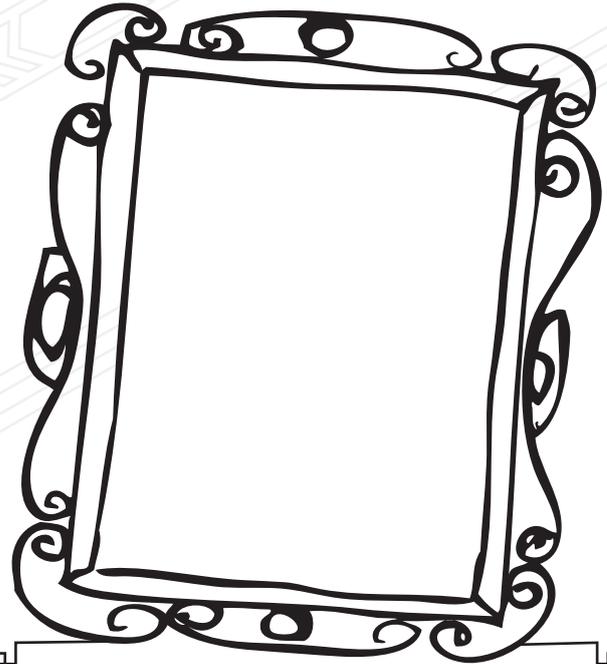
# Ko wai kei roto i tō whare?

Who's in your house?

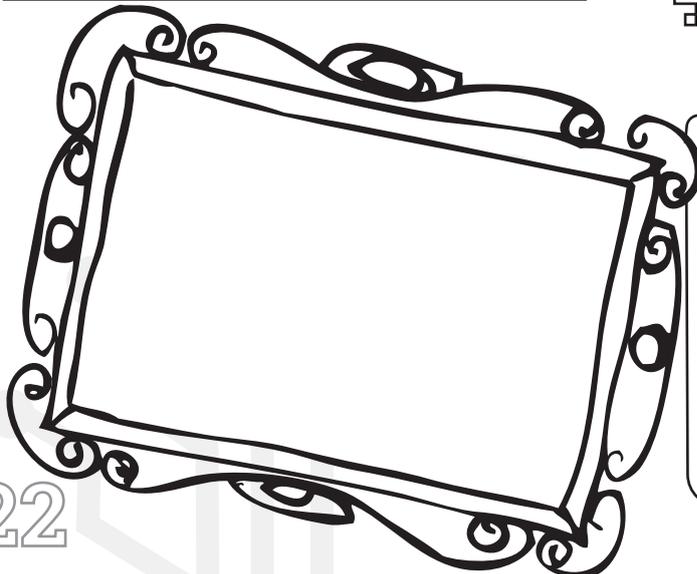
Draw pictures of your whānau and write their kōrero (details) in the cards below. This information will come in handy if someone gets māuiui or hurt.



Name: .....  
Age: .....  
Birthday: .....  
Phone no: .....  
Medical conditions:  
.....



Name: .....  
Age: .....  
Birthday: .....  
Phone no: .....  
Medical conditions:  
.....



Name: .....  
Age: .....  
Birthday: .....  
Phone no: .....  
Medical conditions:  
.....

Name: .....

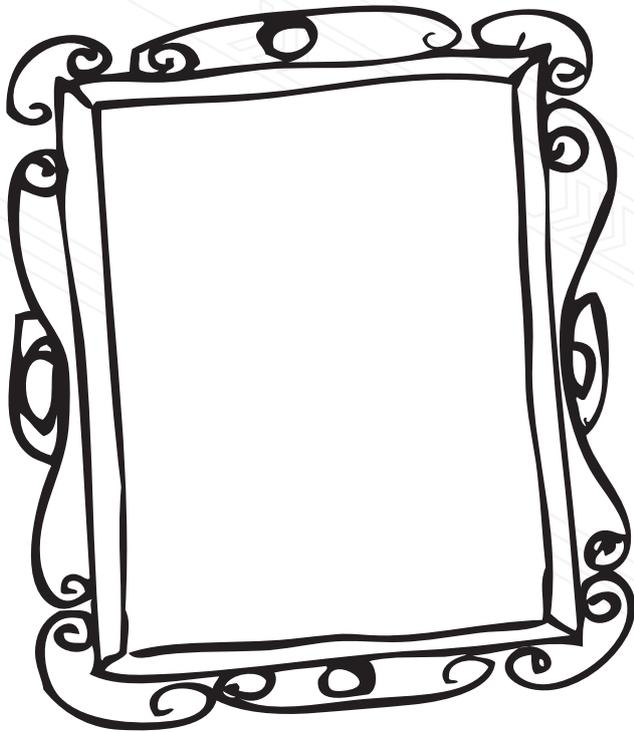
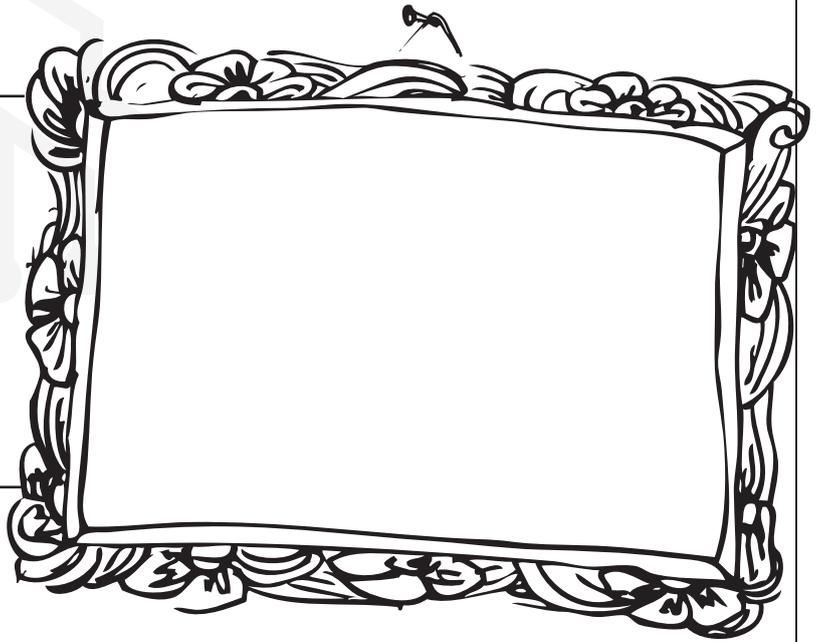
Age: .....

Birthday: .....

Phone no: .....

Medical conditions:

.....



Name: .....

Age: .....

Birthday: .....

Phone no: .....

Medical conditions:

.....

Name: .....

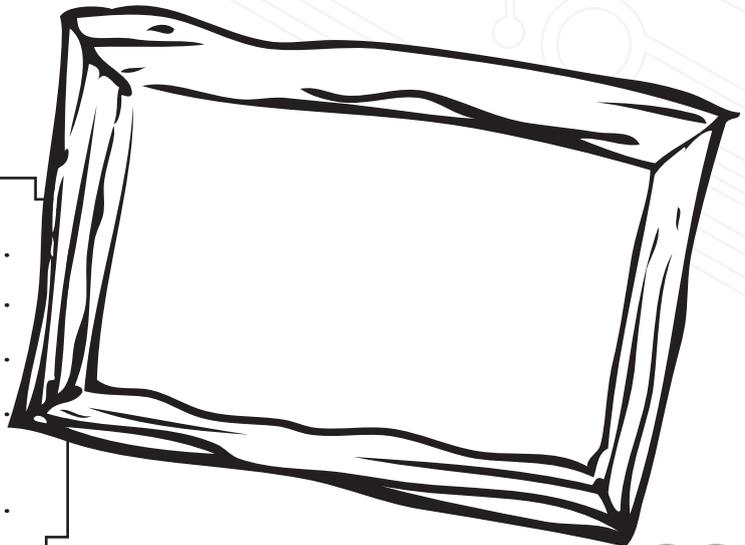
Age: .....

Birthday: .....

Phone no: .....

Medical conditions:

.....



# Kohikohia ngā rawa ohotata

Gather your emergency supplies



Use the word finder below to get some ideas of what you may need for your emergency grab bag.

A	T	T	Z	W	A	T	E	R	M	B
T	O	R	C	H	J	P	G	K	E	A
H	J	L	V	B	P	E	T	S	D	C
O	S	K	A	C	K	U	A	K	I	K
N	E	G	Y	R	A	D	I	O	C	P
E	P	S	N	A	C	K	S	K	I	A
J	O	K	S	U	N	G	Y	K	N	C
S	E	H	T	O	L	C	G	C	E	K
K	O	S	U	P	P	L	I	E	S	R
F	A	M	I	L	Y	A	Z	B	D	O

- TORCH** *In case the power gets cut off - don't forget batteries.*
- BACKPACK** *To keep all your things in one place - perfect as a grab bag.*
- SUPPLIES** *Toy, books, or a game to keep you entertained.*
- RADIO** *An easy way to stay updated.*
- WATER** *Pack enough water to keep you and your whānau hydrated for three days or more.*
- MEDICINE** *Prescription medicine and a First Aid kit.*
- PHONE** *Don't forget the phone charger!*
- SNACKS** *You might get hungry.*
- PETS** *Don't forget your pets too! They will need your help.*
- CLOTHES** *Make sure you have some warm clothes and shoes.*
- FAMILY** *Now that you're good to go, who else in your whānau will need help?*

# Rārangi ingoa Ohotata

## Emergency contacts



It's important to know who you can call if you need help. Maybe they're an aunty, uncle, or cousin that lives in a different whare. Ask a whānau member to help you fill in the blanks.

**Ingoa** \_\_\_\_\_

Name

**Nama waea** \_\_\_\_\_

Phone number

**Hei** \_\_\_\_\_

**ki ahau**

How they connect to me (Hei ..... ki ahau = Hei whaea ki ahau)

**Ingoa** \_\_\_\_\_

Name

**Nama waea** \_\_\_\_\_

Phone number

**Hei** \_\_\_\_\_

**ki ahau**

How they connect to me (Hei ..... ki ahau = Hei whaea ki ahau)

**Ingoa** \_\_\_\_\_

Name

**Nama waea** \_\_\_\_\_

Phone number

**Hei** \_\_\_\_\_

**ki ahau**

How they connect to me (Hei ..... ki ahau = Hei whaea ki ahau)

**Tākuta** \_\_\_\_\_

Doctor

**Hohipera** \_\_\_\_\_

Hospital

**Kura** \_\_\_\_\_

School



# Karawhiua! Let's go!

## Emergencies can happen anytime, anywhere.

*Now that you know how to make an Emergency Plan, you can start preparing for all sorts of situations. Karawhiua!*

### What if I am home alone?

.....  
.....  
.....

### What if I am at school?

.....  
.....  
.....

### What if there is no power or internet?

.....  
.....  
.....

**Ka mau te wehi!**

**Congratulations!**

This certificate is awarded to:

.....  
for completing their Pukapuka Whakarite.

**Tau kē!**

Now you can teach your friends and  
whānau what to do in any emergency.



Keep this pukapuka somewhere  
safe in case you need  
to read it again.

**Koia kei a koe!**

**#Protect Our  
Whakapapa**

# #Protect Our Whakapapa

#ProtectOurWhakapapa promotes kaupapa that inspires whānau resilience and self-determination. Check out our website for more information.

[www.protectourwhakapapa.co.nz](http://www.protectourwhakapapa.co.nz)

**GET READY**

[.govt.nz](http://www.getready.govt.nz)

**The National Emergency Management Agency (NEMA)** is the Government lead for emergency management. We help build a safe and resilient Aotearoa by empowering communities before, during and after emergencies. Check out their website for more information.

[www.getready.govt.nz](http://www.getready.govt.nz)

MANAAKI MAI,  
MANAAKI'ATU

