Appendix 1.
Love letter to my mokopuna

Love Letter Example One:

E moko,

You don't know me yet, but I know you.

I met you for the first time when I carried your māmā in my kōpū, wrapped in her first kahu – the amniotic kahu - that kept her warm and safe, cloaked in my love even before she entered that world.

You see, when I was hapu with your māmā all her future tamariki - that's you moko - were tiny eggs in her tiny kopu. Miharo ne! I know you already my darling.

The whenu that make up the kākahu of who you are come from a line of matriarchs, mana wāhine, wāhine toa and whether you are taitamatane or taitamawahine YOU have this mana atua, mana tupuna, mana tangata woven in to the whenu and aho of the kākahu that wraps around you everyday reminding you of who you are, where you are from, and that you are precious and loved.

Me and your Nana Carol have worked hard to reawaken some of those things that were sleeping in our whānau – our reo, our mahi toi, our moko kauwae. It wasn't always easy but we did it so you wouldn't have to.

Take up those whenu, those taonga that have been lovingly woven together and handed to you so that one day you can hand them to your mokopuna.

As long as I am around you will always know the sound of te reo being spoken, the smell of harakeke, seeing kete drying in the sun, a whatu kākahu on the rack, and seeing moko kauwae on living, loving and smiling faces. You will always have whatu kākahu around you that are more than beautiful cloaks borrowed for special occasions but a taonga, a practice and a way of being - a Whatuora way of being - that brings people together to share story, and reo and TIME.

I hope we get heaps of TIME together my moko. I want to take you to the pa harakeke to harvest with me, to raranga and whatu with me. To share our pukenga with others and to experience the joy of gifting what we have made with our strong, loving, calloused hands (p.s Moko I don't do manicures!).

You will learn that muka takes up, and takes on, the DNA of the kaiwhatu. Every whenu that I roll down my leg has me embedded in it. Every aho that I harvest and prepare is an impression of my aroha in each strand. Woven together, these whenu and aho are an expression of my aroha for you and the stories we carry in our DNA to cloak and protect you Moko. When you wear this kākahu I am laying against your skin. When you wear this kākahu I will always be with. When you wear this kākahu you are never alone.

Love Letter Example two:

Taku mokopuna,
You mean more to me than words can describe
My aroha for you is immeasurable, deeper than our moana and greater than our maunga
When whatu called to me I found a way to show you what aroha looks like, if it were a thing

Whatu are your eyes moko, bright and inquisitive
Whatu is the binding of our whakapapa that ties us together
With our mauri connected I know you, even if I haven't yet met you, I'm able to weave together the vibration of you that calls to me
Nei rā te aroha

The first line, Te Aho Tapu fuses kuia and moko while holding the vision of your future self
My hands busily grab at the love and light you shine my way
Each aho tells of stories, adventures and challenges, of things that you'll learn throughout your lifetime
Each twist of the Aho bonding with the whenu like the invisible sinew between Ranginui and Papatūānuku reinforces the reflection you project moko, as the living image of your tūpuna
Mā te aroha e paihere

Eyes are the windows to the soul, ngā whatu
I see you in every shape and every shade
Like the lines of a waiata, patterns emerge from the dancing colours and beauty in our taiao
It is taaniko
Whatu moves seamlessly into the taaniko that illustrates the story of you, and your tuākiri
It is a melody that breathes and moves to your unique rhythm…..your sway, your kori and your haka
It expresses your brightness and your joy, your fearlessness, your tenacity, your strength and your vulnerability
Ko te aroha te tātai hono

Whatu kākahu is the love story from your kuia to you to drape across your shoulders
Your kākahu is a tohu, it is an embrace, it is a pūrākau, it is an oriori, it is a taonga, it is a statement of mana motuhake
The fierce aroha bound into the intricate fibre of each whenu is a second skin to help you through the heart aches life will serve you
Because it will remind you that you never stand alone in this world
Ko te mea nui ko te aroha

This is what aroha looks like to me, it is a thing - it is aroha mutunga kore.

Love Letter Example Three:

E moko
Your ancestors are impatient
They visit me in my dreams
Weaving stories of stars and stardust
Reminding me where we came
telling me that I am the embodiment
of a thousand tragedies and love stories
Triumphs and survival
e moko
I pass this to you

They tell me
"You are our dreams
You are our now"
I do this for them, as much as
I do this for you

E moko
I hold so much hope
hope that you'll hold fast to all
I worked to lay bare for you
hope that you'll stand with mana and fire
hope you'll do all that I couldn't

E moko
for you I sing
I speak
I karanga
I compose
To capture what we've lost
creating connections
curating generational muscle memory all for you

E moko
a seed of my tree
Fire of my blood
echo of my soul

E moko
when I become pakawhā
and you come forth as rito
know that before I knew you
I loved you
even without eyes, I see you
and you'll know I'm with you
when the kōrari bloom
and the rūrū cry at night
as waves wash your skin
you're skin warmed by
sand and sunlight

E moko
you don't walk this path
alone
know that nanny will be
right here
always

E moko
kei konei au, kei konei au

Appendix 2.
Whānau consent form

Ngā Wai a Te Tūī
Māori & Indigenous Research
Te Whare Wānanga o Wairaka | Unitec

CONSENT FORM

THIS FORM WILL BE HELD FOR A PERIOD OF 3 YEARS

Project title: *Toi ora, Reo ora, Whatuora*: Developing a Māori medium arts-based pedagogy to support Māori aspirations to revitalise reo and tikanga through the arts.

Principal Investigator: Dr Hinekura Smith

- We _____

_____

_____

have read the Participant Information Sheet (PIS). I understand the nature of the research and why I have been invited to participate.

- We have had the opportunity to ask questions and have them answered to our satisfaction.

- **We understand that our stories, full name, pepeha, image and video footage identify us and may be used in dissemination including workshops, conference presentations, exhibitions and publications.**

- We agree to take part in the scheduled Whatuora wānanga series between May and September 2023. We agree to 1 x 1.5 hour interviews during the 5 month wānanga.

- We understand that we will be provided with the materials and tuition we need to make a whatu kākahu during the wānanga and that the majority of our whatu work to complete the garment will be done in our own time in between wānanga.

- We understand that we can choose to not answer questions at any time during the research interview; that we are free to withdraw our participation any time before or during the research interview.

- We would / would not (please circle one) like the opportunity to check and edit our

transcript to ensure that we are satisfied with being named in relation to it (if 'YES' please supply email and postal addresses below)

- We understand that we can withdraw our consent to participate up to two 2 weeks **after** receiving our transcript for review.

- We understand the rationale for using a digital recorder and / or video recorder. We understand that only the research team will have access to this recorded data and any associated participation forms.

- We understand that our recording, any draft material, and our consent form will be retained in secure storage at Ngā Wai a Te Tūī Research Centre, UNITEC for 5 years and can only be accessed by the research team.

- We would / would not (please circle one) like our digital recording, video footage, photos and final transcript sent to the address below at the end of this research in March 2025.

Name _____ Signature _____

Date _____

Postal address:

Email address:

APPROVED BY UREC ON April 26th 2023 FOR (3) YEARS REFERENCE NUMBER 2023-1008