

Useful resources



Te Pītau o te tuakiri: Affirming Māori identities and promoting wellbeing in state secondary schools

A thesis by Arama Rata, exploring how social contexts (such as state secondary schools) impact on Māori identity development, and evidence of causal links between Māori culture, identity, and psychological wellbeing.

Publisher: Victoria University of Wellington

[Visit website](#)



Strengths: Sparklers

Classroom activities designed for students in years 1–8.

Publisher: Sparklers

[Visit website](#)



Identity and self-worth: Me – right now!

Suggested activity for strengthening identity and recognising difference.

[Visit website](#)

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