





My Epic Ancestor Tupuna Teitei

Throughout history our ancestors have had to use their strengths, skills and purpose to accept the changes and challenges that have come their way.

Think about someone in your family who has experienced change and embraced challenge. What are some strengths that you admire and are inspired by?



In the space below, create a version of your epic ancestor in your own way – using drawing, words or headlines to highlight those characteristics.