

Puka Ako Whaiwāhi Mauri Tau

Pause
Breathe
Smile



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Tuhia tō pikitia ki raro nei



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Ingoa

Te Whare Hauora Nōu

I te wāhi wātea ki raro iho nei tāngia tētahi whare me ngā pātū e whā.

Whakaingoahia ia o ngā pātū o Hauora katahi ka tuhia ngā kupu e toru, e whā rānei hei whakamārama i te tikanga o te pātū.



Ko te mahi whakamutunga kia whakaatu i ngā huarahi māu ake kia whaiwāhi, mā te noho puku, ka waiora, ka whakapakari ia pātū.



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Mahere 1:

Te Hokinga Mai ki te Kāinga

Pēhea o kare ā-roto i a koe e aro atu ana ki o hā?

- | | | | | |
|--|----------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Mauritau | <input type="checkbox"/> Aronui | <input type="checkbox"/> Marino | <input type="checkbox"/> Pōkaikaha | <input type="checkbox"/> Āwangawanga |
| <input type="checkbox"/> Ngākau mahaki | <input type="checkbox"/> Harikoa | <input type="checkbox"/> Tau | <input type="checkbox"/> Whakamānawa | <input type="checkbox"/> Hīhiri |
| <input type="checkbox"/> Hōhā | <input type="checkbox"/> Ānau | <input type="checkbox"/> Māharahara | <input type="checkbox"/> Hāneanea | <input type="checkbox"/> tētahi atu |

Ka toko ake i te aha i a koe e noho puku ana?

Tuhia mai ka pēhea te kai i a koe e whaiwāhi ana.

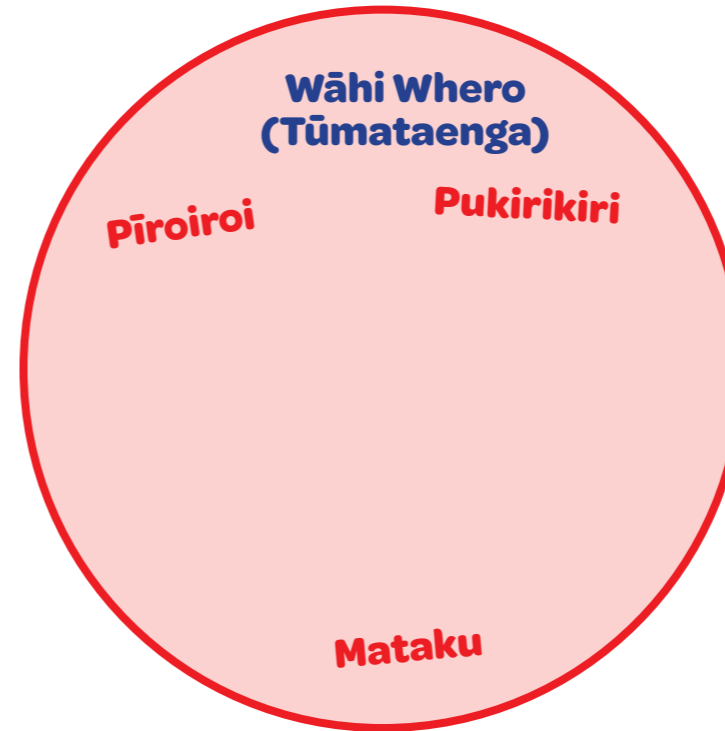
Wāhi Whero (Tūmataenga) / Wāhi Kākāriki (Rongomātāne)

He nui ō tātou kare-ā-roto ka rangona. Ko te āhukahuka me te whakaae iho ki ngā kare-ā-roto he wāhanga o te whaiwāhi. He pai noa kia rongō i ō tātou kare-ā-roto, ahakoa.

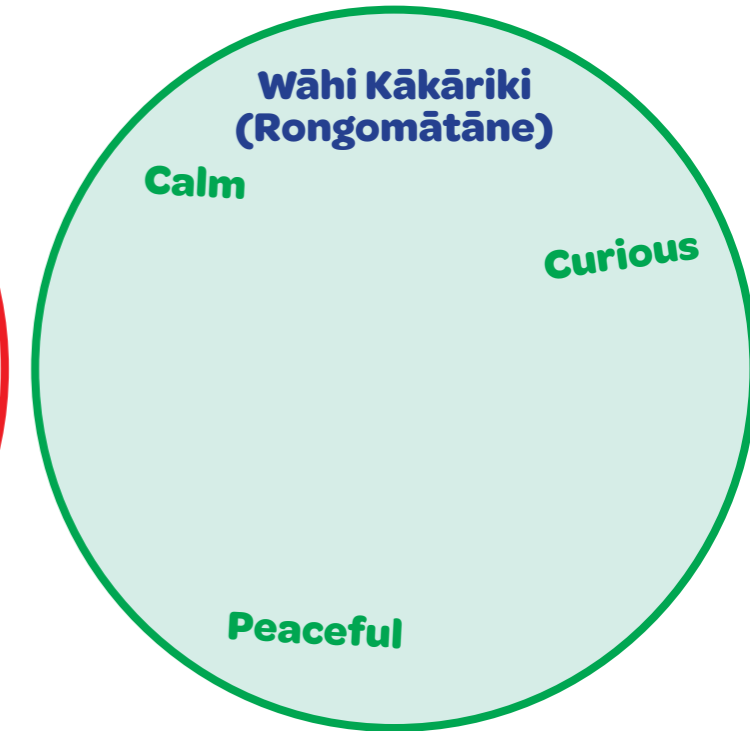
Ina rongō ana tātou i ngā kare-ā-roto e ahu mai ana i te wāhi kākāriki, tēnā pea e rongō ana tātou i te mauri-tau, kua mahea ngā whakaaro, ā, kua tūhono hoki tātou. He wā anō tātou ka uru ki te wāhi whero ina rongō ana tātou i te pāpōuri, i te pukuriri rānei.

Tā te whaiwāhi he tautoko, he whakatau i tō mauri ina kei te wāhi whero koe, me te aha, he tautoko anō kia rongō kaha ake ai koe i te koa ina kei te wāhi kākāriki koe.

Whakakāia ngā porowhita, e rua kei raro iho nei ki ngā kare-ā-roto rerekē. Tēnā, kia kaha, kia rahi tonu!



Tēnā, ināianei tāngia mai he pikitia mō te āhua i tāu e rongō nei ina kei te wāhi whero koe.



Tēnā, ināianei tāngia mai he pikitia mō te āhua i tāu e rongō nei ina kei te wāhi kākāriki koe.

Tāngia mai he pikitia i a koe anō e whakaputa hā whaiwāhi ana me he puku ngohengohe me te tuarā torotika.

E taea ana e koe te mahi i ngā porowhita whakaaro, ngā tae, ngā tāera, he toi piripiri otiia, nōu te tikanga. E taea ana e koe te whaiwāhi nōu e tā ana?

Mahi kainga 1: Paraihingia o niho i a koe e whaiwāhi ana. He aha ngā mea i toko ake i a koe? Tuhia tētahi kōrero poto mō tērā i te whārangi whai ake, kōrerorero ki te akomanga rānei.

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Mahere 2:

He Koanga Ngākau Inamata

Kei te maumahara tonu koe i ngā tūmomo harikoa e rua?

Whakaarohia ngā mea e whakaharikoa ana koe me ngā rerekētanga i waenganui i te harikoa nō te rironga ā-waho me te harikoa ā-roto. Ehara i te raruraru te harikoa mai i nga whiwhinga ā-waho nei i ētahi wā. Ka taea e koe te kite i ngā painga o te harikoa ā-roto?

Kia pēnei ngā mea harikoa nō te rironga ā-waho.
Tuhia mō ngā mea i ākona e koe i tēnei wiki.

Ka puta mai te harikoa ā-roto i ngā mahi pēnei.

Mahi kainga 2: Ina noho ana koe ki a koe ake, kia ngana mai koe kia tū kau, me rongō i ō waewae i te papa, ā, kia mataara anō ai koe i tō tinana e whakaputa hā ana. Me ngana anō ai koe ki te menemene.

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Mahere 3:

He Tuatahitanga

He aha tētahi mea kua kitea e koe i a koe i wheako i tētahi wheako hou?

Tērā pea kua kitea e koe tētahi āhuatanga hou o te nekehanga o tō tinana.

Mā te tuhituhi auaha ka whakapuakingia ngā mea kua kitea i tēnei akoranga.

Mahi kainga 3: Matapakina me tō whānau mō ngā mea kua ākona e koe i ngā akoranga whaiwāhi. Whakaaturia me pēhea te kai whaiwāhi hei te wā ka kai tahi. Kōrero ki a rātou mō ngā mea kua kitea e rātou i taua mahi.

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Mahere 4:

Ngā Aupiki, Ngā Auheke

Ko te tūhura i ō tātou kare-ā-roto

Mutu mai ana te whakaharatau “Ko ngā kare-ā-roto te reo o tinana” ki roto i te akomanga, tēnā tāngia mai ngā kare-ā-roto nāu i āhukahuka ki roto i tō tinana.

Tēnā pea, ka āhukahukangia e koe e tūhono ana ngā kare-ā-roto me ngā rongotanga o te tinana ki a rāua anō.

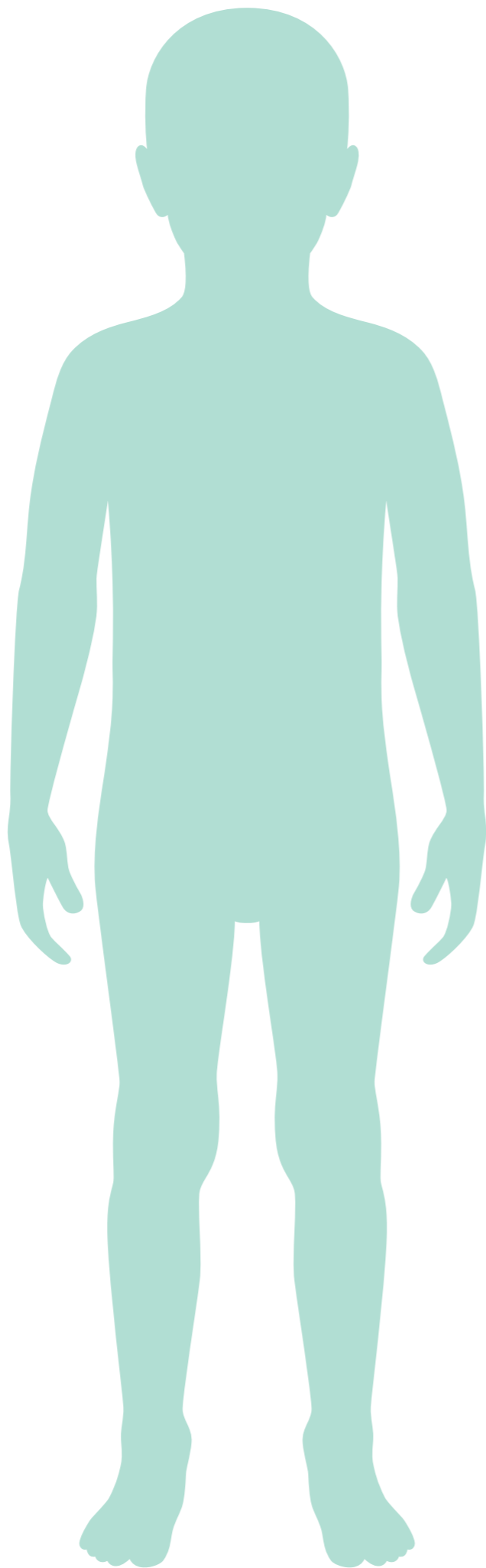
Ko te māharahara tērā ka hua ake te rongotanga kita ki te puku, ko te werawera ki te kapu o ngā ringaringa me te rongotanga o te manawarau, ā, tēnā pea ko te harikoa tērā te menemene o ngā pāpāringa me te noho mauri tau.

Tēnā pea ka āhukahuka koe mō te āhua o te tinana e rongō ai otiia, e kore e taea e koe te whakaingoa i taua momo kare-ā-roto, he noho kore mōhio rānei ki tērā?

E whai nei he whakaaro mō ngā aurongo me ngā kare-ā-roto: Hurō, whakamoemoeā, harikoa, riri, whakaaro rere, ihiihi, pōuri moke, whaiwāhi, ngenge, tūmeke, wera, makariri, hōhā, wātea, torotiti, kakapa manawa, āmaimai, taiatea, kita, wātea, rangirua...

Whakamahia ngā tae rerekē, ngā āhua me ngā pikitia kia whakaatu i tāu i āhukahukangia ai.

He aha he aurongo atu anō me ngā kare-ā-roto e taea ana e koe te whakaaro ake?



**Ina rongō ana
koe i te pōuri,
koia tēnei hei
tautoko māu.**

I ētahi wā, ina kaha ana te rongōna ngā whakaaro me ngā aurongo e tātou, ānō nei he poti pakupaku tātou e piupiu haere ana i te moana pukepuke.

Ina rongō ai koe i **te mataku, te pōuri, te toimaha**, he **whakaaro kaha** ake rānei, kia mahara:

Whakamatuangia

whakapunga iho

Ina āhukahuka ana koe i tō hā me te whakapunga iho ki tō tinana, e taea ai e koe tō mauri te whakatau, pēnei me te poti e hakaupunga iho ana i te moana pukepuke

whai hā

ki roto i tō tinana



Tuhia tētahi porowhita hā

Kei te wāhi wātea kei raro iho tuhia tētahi porowhita hā e pā ana ki te akoranga whaiwāhi i tēnei wiki.

Mahi kainga 4: Kia aro atu ki o kare-ā-roto i ngā wāhanga o te rā.....pērā i te wā ka puta koe i te moenga, i te wā ka hoki mai koe i te kura, i mua tonu i te moe. Whakaharatautia o hā whaiwāhi i ēnei wā, ā, ka kite koe pēhea, ki hea hoki koe e rongona ana i aua kare ā roto. Kei te panoni ēnei kare ā roto, he pērā tonu rānei i a koe e whakaharatau ana i ēnei mahi whaiwāhi?

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Mahere 5:

He Pūtau Io Eke Noa

Ka hihiko pūtau roro, ka whītiki pūtau roro

Whakapōhewatia he tohunga kairapu whakaaro koe. Whakatewhatewhatia ngā momo whakaaro e puta mai ana i tō whatumanawa, ā, ka tuhia ki te mirumiru whakaaro ki raro iho. Whakapuaretia ki tētahi hoa, ki te akoranga rānei i ngā mea kua kimihia, ngā mea kua kitea mō ngā whakaaro me ngā pūrākau e puta mai ana i ō whakaaro.



Mahi kainga 5: Hangaia tētahi ipu hinengaro, arā, ka whakamahi i te kainga i a koe e mahi ana i ngā mahi hā whaiwāhi.

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Mahere 6:

Kia Ngākau Māhaki, Kia Manawanui

I tēnei wiki i ako ai tātou mō te whakapakaritanga o ngā uaua manawa mā te ngākau māhaki.

I whakaharatau rātou ki te tuku te ngākau māhaki ki a tātou ake, ki ō tātou whānau me ngā tāngata o te hapori whānui. Tuhia rānei, tāngia rānei ki raro iho kia whakapuare atu i ētahi o ngā mahi ngākau māhaki e mahi ana koe me ngā tāngata, ngā kararehe me ngā mea e ora ana.

Mahi kainga 6: Ko tō whāinga, ki te hiahia koe, kia toru ngā wā kia tuku ngākau māhaki, hikohiko te karawhiu. Ko ngā ture me noho muna ēnei mahi ngākau māhaki.

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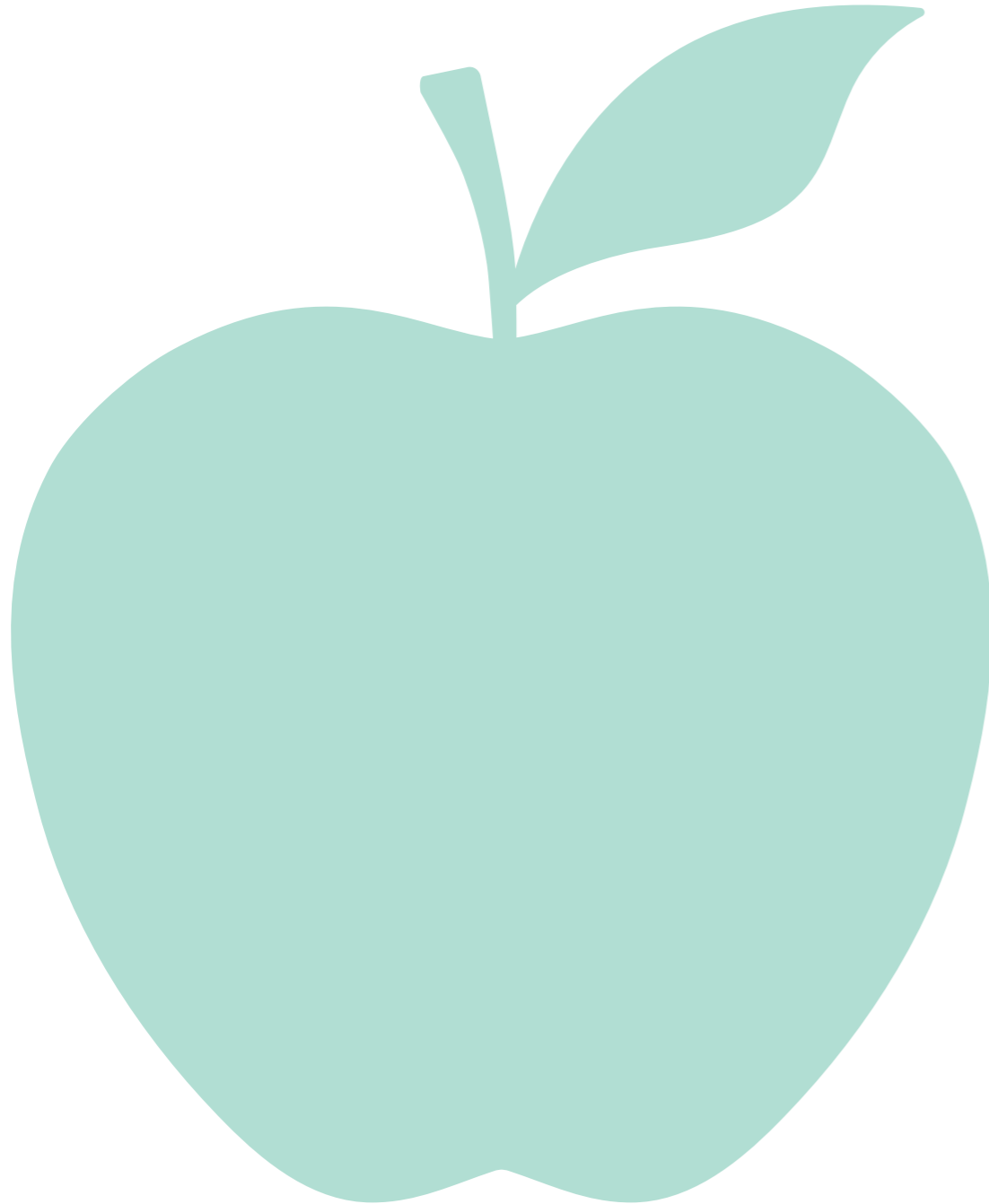
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Mahere 7:

He Hononga ki te Ao

Tuhia katahi ka whakaingoatia ngā āhuatanga katoa o te whakatipu āporo.

Matapakina te kaupapa nei i ngā roopu iti. E hia ngā āhuatanga e taea ana e tō rōpū te whakaaro o te whakatipuranga o te āporo.



Mahi kainga 7: Whakaarohia ētahi atu mea e kite ai te honohono i waenganui i ngā mea katoa.

Hei whakariterite i te Mahere 8:

Hei te whārangi e whai ake, tuhia ētahi rerenga mō ngā āhuatanga whakahirahira, ngā āhuatanga whai take ki a koe i ēnei Mahere 8, Whakangā, Menemene. Tērā pea ka kitea e koe ētahi taonga hei hokinga mahara mōu i te kaupapa whaiwāhi. Mauria mai tō puka ako me tēnā taonga ki te akoranga whaiwāhi e haere ake nei kia whakaatu atu ki te akomanga.

Mahere 8:

Whakapā Atu, Whakapā Mai

Tuhia ētahi rerenga mō ngā mea i tū hei pou whakawhirinaki i a koe, he pai ki a koe rānei i ngā akoranga Whakamatua, Whakangā, Menemene. Whakaarohia ngā mea kua wheakongia e koe, ngā mea akiaki i te māhira i tō tinana, ō kare ā roto, ō whakaaro. He aha ngā ritenga whaiwāhi pai ki a koe, i āwhina i a koe, i mahi ā waho i ēnei akoranga rānei? Tērā pea he mea ka tuku mānawatia e koe, ētahi hua kua kitea e koe. Whakapuaretia au mahi tuhituhi ki te akomanga i te porowhita 'Toko Kōrero' ngātahi i te akoranga whakamutunga.

He aha ngā tino whainga kua ākona e koe?

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