

Konei, konā, kora



Kāri
Ngohe
Taiao

**Ko Ranginui e tū iho nei, Ko Papatuānuku e takoto nei.
Ko ngā hau ora o Tāwhirimātea e pupuhi nei.
Haumie Hui e ... Taiki e.**



*Toro atu ki waho, mā ōu pūkenga rongō e mahere ai koe i tāu taiao.
I a mātau e mātirotiro ana, whai wā ki a Ranginui, whai wā anō hoki ki a Papatuānuku.
Whai wā ki ngā hau kāwatawata a Tāwhirimātea.*

KORIKORI KA MAHERE O WAHO



- Tāngia he ira ki wainganui i tētahi whārangi. Ko koe tēnā e noho nei.
- Tāngia kia toru ngā porohita pūrite e huriana i taua ira. Kātahi ka whakaīngoatia aua porohita, konei, konā, korā.



- Aro ki tētahi o āu tairongo. Te rongō-ā-taringa (whakarongo), te rongō-ā-ihu (kakara), me te rongō-ā-kite (titiro).

Putā atu ki waho ka tirohia he wāhi pai hei noho, hei tū rānei



- Whakangungutia he whakataunga wairua, kia tau ai te mauri o ngā tamariki ki te whenua.
- Aro ki te tūmomo rongō i whiria e rātau, kātahi ka tomo atu kia aro ki ngā mea i 'konei'.
- Tuhia / tāngia ngā mea ka kitea/ rangona/ rongō kakara ki te porohita tuatahi.
- Inaianei whaia te huarahi anō – heoi ki te porohita tuarua 'konā' kātahi ki te porohita o 'korā'.
- Kaute i āu tapuwae e tae ai ki 'konā' ka oma atu ki te tīmatanga.



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
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IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Ngā Toi

- He aha tāu i rongō ai i waho? Whakamahia he pūoro, he taputapu o te taiao rānei e puta ai ngā oro o tāu i rongō ai.
- Titongia he waiata ā-puoro, ā-reowaiata rānei hei whakamārama i te taiao.
- Whakangahau ki tāu akomanga, ki tāu whanau, ki ōu hoa hoki.

Hauora

- Korikori haere me tētahi kēmu <https://sparklers.org.nz/activities/how-am-i-doing/>
- Ēhea ngā hītoki, mawhiti, peke rānei e tae ai koe ki tāu wāhi 'konā'?
- Oma atu ki tāu wāhi 'korā' kei roto tonu i ngā taiapa o te kura. Ēhea te roa e tae atu koe ki reirā, kātahi ka hoki mai?



Reo

- Tuhia he kupu taka o ngā mea o te taiao i kitea, i rangona, i pā.
- Inā whakaīngoa koe i tētahi mea i kitea e koe, he aha taua īngoa? He aha ai?
- Titongia he kupu whakarite hei whakamārama i te wāhi o waho. (Te kowhai o te putiputi anō nei he rā).
- Titongia he rotarota tairongo hei whakamārama i te wāhi o waho.
- Titongia he rotarota mō tāu i rongō ai i waho.
- Titongia he rotarota, he pūrākau mō ngā tūmomo kararehe, ngā rākau i kitea e koe. I manahau ai te aha?



Pangarau

Whakatau tata i te tawhiti mai tāu wāhi 'konā' ki tāu wāhi 'korā'. He aha te waeine e pai ai te ine i taua tawhiti?

Tāngia he mahere o āu wāhi 'konei', 'konā', 'korā' e whakaatu ana i ngā wāhanga o ngā kupu o tāu kupu taka.

- Hangaia he mahere oro ā-akomanga.
- Whakamahia he pūnaha whakarite.
- Tuhia i tētahi tohutohu mai tōu akomanga tae noa ki tāu wāhi 'korā'. Mā tētahi hoa e whakamātau.

Mahia he tatauranga me ōu hoa ako.

- Ēhea ngā tamariki i kitea ngā mea ōrite i a koe?
- He aha ngā momo rongō i kaha whakamahia? He aha ngā rongō e pirangi ana ngā ākongā ki te whakamahi anō?
- He aha te momo oro waia ana? He aha te momo oro pai ki a koe? Nā te aha?

FIVE WAYS TO WELLBEING

