

Tukutuku Ako mō Hauora

Ngā Whakaaro Whānui	<i>Kia mauri tū, kia mauri ora te tangata. Ka mauri ora te whenua, ka mauri ora te iwi.</i>		
	Ngā Akoranga Tāpua Taumata 6-8 o Te Marautanga o Aotearoa		
	Taumata 6	Taumata 7	Taumata 8
He iho, he mana, he ihi, he wehi, he tapu tō te tangata	<i>Kia tau te mauri</i>		
	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te mana, ki te rongomaiwhiti, ki te motuhaketanga o ia tangata. Ka kitea hoki te pānga o te ao katoa o te tangata ki tōna anō mauri. Nā reira, kia tau te mauri, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> he tapu tō te tangata; ahakoa ko wai, nō hea, me tiaki a ia he mea nui te kiritau o te tangata me te pono ki a ia anō kia pēhea te whakapuaki i ōna hiahia, i ōna whakaaro, i ōna kare-ā-roto i runga i te ngākau titikaha he pānga nui tō te tuakiritanga ki te oranga o te tangata. 	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te mana, ki te rongomaiwhiti, ki te motuhaketanga o ia tangata. Ka kitea hoki te pānga o te ao katoa o te tangata ki tōna anō mauri. Nā reira, kia tau te mauri, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> he pānga nui tō te whakatoiharatanga ki te oranga o te tangata he nui ngā momo tuakiri tangata ka kitea i te ao he mōtika, he haepapatanga o ngā tāngata katoa ahakoa ko wai, nō hea, e pai ai te noho ora ki te ao. 	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te mana, ki te rongomaiwhiti, ki te motuhaketanga o ia tangata. Ka kitea hoki te pānga o te ao katoa o te tangata ki tōna anō mauri. Nā reira, kia tau te mauri, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> e whakanuia ai te kanorau, me tuwhera te ngākau me te hinengaro o te tangata he pānga anō tō te matatika pāpori ki te oranga o te iwi.
Mauri tū, mauri ora; mauri noho, mauri mate	<i>Kia oho te mauri</i>		
	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiōra me te oranga. Me manawa piharau te tangata i te roanga o ōna rā e pūmau ai tōna āio, tōna mauri ora. Nā reira, <i>kia oho te mauri</i>, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> he pānga nui tō te whai wāhi ki ngā mahi koiri me ngā akoranga koiri ki te oranga o te tangata ka riro māna anō tōna hauora e tiaki, e whakataki, e whakahaumarū e pai ai tana noho ora i ngā horopaki huhua, me whakamahi tikanga hei whakatau kaupapa, whakarite whāinga, kōkiri whakaaro, whiriwhiri ngātahi anō hoki. 	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiōra me te oranga. Me manawa piharau te tangata i te roanga o ōna rā e pūmau ai tōna āio, tōna mauri ora. Nā reira, <i>kia oho te mauri</i>, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> he nui ngā painga o te mahi koiri me te akoranga koiri ki te oranga o te tangata, te whānau, te hapū, te iwi me te hāpori ki te whakamahi rautaki hei hiki i te wairua, hei whakamāmā i te taumahatanga ki te whai i ngā huarahi wairua pai hei whakatau i ngā mātātaki, i ngā tautohe. 	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiōra me te oranga. Me manawa piharau te tangata i te roanga o ōna rā e pūmau ai tōna āio, tōna mauri ora. Nā reira, <i>kia oho te mauri</i>, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. <p>Ka mōhio te ākonga:</p> <ul style="list-style-type: none"> he pānga anō tō te kaupapa hauora Māori ki te oranga o te iwi Māori. e aukatia ai te hōrapa haere o tētahi mate, me ū te iwi ki ngā tikanga whaikiko.
Hāhā te whenua, hāhā te tangata	<i>Kia ora te mauri whenua</i>		
	<ul style="list-style-type: none"> Ko tā tēnei whakaaro whānui he titiro ki te hononga māori i waenganui i te tangata me te taiao, me ngā pānga, ngā whakaawenga hoki o tēnā, o tēnā ki te mauri me te oranga tonutanga o tērā atu. Oranga taiao, oranga tāngata. Nā reira, <i>kia ora te mauri whenua</i>, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui. 		

	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • kei te oranga taiao te oranga mō te tangata. • ko te kaitiakitanga e pā ana ki te taiao, e whai painga ana anō mō te tangata. 	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • he tikanga tiaki taiao ā te iwi e ora ai te taiao, e ora anō ai te tangata • e toitū ai te taiao, me whai kiko ngā rautaki hāpai i te toitūtanga. 	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • he kawa, he tikanga, he ture o nehe, o nāianeī hoki ka whāia hei oranga mō te iwi • he tapu, he mauri anō tō te taiao, ā, me āta tiaki kia pūmau tonu, kia ora tonu ēnei āhuatanga ōna.
<p>He taura taonga e motu, he taura tangata e kore e motu</p>	<p><i>Kia ora te mauri tangata</i></p> <ul style="list-style-type: none"> • Ko tā tēnei whakaaro whānui he titiro ki te wairua, te āhua me te kounga o ō tātou hononga whaiaro me ngā pānga nui o ēnei hononga ki tō tātou mauri. Mā te whakatupu me te whakapūmau i ngā hononga hua pai, hononga hua roa, ka tupu, ka kaha anō te tuakiri o te tangata i tana tū takitahi, i tana tū tangata whenua anō. Nā reira, <i>kia ora te mauri tangata</i>, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui. 		
	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • ki te whakamahi rautaki kia pai ai tana mahi ngātahi me ētahi atu • he tohu o te whakawhanaungatanga te noho tahi a ngā tēina me ngā tuākana i runga i te aroha pūmau. 	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • ki te kuhu ki ngā kaupapa kotahitanga huhua noa i runga i te tōtika • ki te whakamahi i ōna pūmanawa whakatau raruraru, whakapiki wairua hoki. 	<p>Ka mōhio te ākongā:</p> <ul style="list-style-type: none"> • he pānga anō ō ngā tikanga houhou i te rongu, ki te oranga o te iwi • ki te arohaehae i te pānga o ngā uara, ngā waiaro me ngā whanonga ki te whakatau raruraru, ki te whakapiki raruraru anō hoki.