

Paerewa Paetae

Aronga Hauora 1.2

Ingoa Te tautohu whāinga whaiaro hei hāpai i te mauri ora

Kaupae 1 **Whiwhinga** 6 **Aromatawai** Ā-roto

Marau akoranga Te Marautanga o Aotearoa

Kokonga akoranga Hauora

Mana rēhita **Te rā i mana ai**

Te rā e arotakengia ai **Te rā i puta ai**

Te Hononga ki te Marautanga

I ahu mai tēnei paerewa paetae i te Taumata 6 o *Te Marautanga o Aotearoa*, i whakaputaina e Te Tāhuhu o te Mātauranga i te tau 2017.

Whāinga Paetae

Waiora, Tupuranga

2 *Ka tautohu, ka tūhura i ngā kōwhiringa e pā ana ki te whanaketanga o te taiohi, me te arotake i ngā hua ka puta ake i aua kōwhiringa.*

Waiora, Haumarū

3 *Ka whakarite i ngā rautaki haumarū hei tiaki i ngā mōtika a te ākongā me ētahi atu i roto i ngā horopaki huhua.*

Koiri, Whakamahinga Pūkenga Koiri

2 *Ka whakaatu i ngā āheinga koiri, me ngā whakaaro tōtika i ngā horopaki mātātaki.*

Tangata, Whanaungatanga

3 *Ka tūhura me pēhea ngā whanonga, ngā uara me ngā waiaro o te tangata takitahi, o te rōpū hoki e pāpā ana ki te mauritau o tētahi atu.*

E hono ana ki te Papa Whakaako mō te Hauora kei te pae tukutuku nei:

<http://tmoa.tki.org.nz/Te-Marautanga-o-Aotearoa/Taumata-Matauranga-a-Motu-Ka-Taea>

Te Hononga ki ngā Tikanga Aromatawai

Arā ngā Tikanga Aromatawai mō tēnei paerewa paetae, kei te:

<http://tmoa.tki.org.nz/Te-Marautanga-o-Aotearoa/Taumata-Matauranga-a-Motu-Ka-Taea>

Paerewa Paetae

<p>Paetae Te tautohu whāinga whaiaro hei hāpai i te mauri ora.</p>	<p>Hei tohu i te paetae:</p> <ul style="list-style-type: none"> ● Ka tautohu i tētahi whāinga whaiaro. ● Ka whakarite i tētahi mahere mā te rangahau. ● Ka whakaputa whakaaro mō te tukanga i whāia me ngā hua ka puta.
<p>Kaiaka He kaiaka te tautohu whāinga whaiaro hei hāpai i te mauri ora.</p>	<p>Hei tohu i te kaiaka:</p> <ul style="list-style-type: none"> ● Ka āta whakarite i tētahi mahere mā te rangahau. ● Ka whai whakaaro huritao mō te tukanga i whāia me ngā hua ka puta.
<p>Kairangi He kairangi te tautohu whāinga whaiaro hei hāpai i te mauri ora.</p>	<p>Hei tohu i te kairangi:</p> <ul style="list-style-type: none"> ● Ka arotake i te whaihua o te mahere. ● Ka taunaki i ngā whakaaro huritao mō te tukanga i whāia me ngā hua ka puta.

Kōrero Āpiti

1 E whai ake nei ngā whakamārama mō ngā kupu me ngā kīanga whitake matua o te paerewa nei:

whakaputa whakaaro	Ka whakaahua i te āhua o tana whai i te mahere me te tautohu i ngā hua ka puta.
āta whakarite	Ka tautohu i ngā whāinga whāiti hei tohu i te koki i te ara whakatutuki whāinga.
arotake i te whaihua	Ka āta titiro ki te whakatinanatanga, arā te hāngai me te raupapa o ngā whāinga whāiti, ngā mahi, te nui o te wā, te āhua o te whakahaere, tae noa ki te āhua o te whakatutukitanga o te whāinga.

2 Ko ngā horopaki e taea ai tētahi whāinga whaiaro te whakarite hei hāpai i te mauri ora, ko ēnei:

- te tū māia (kia pai ai te matapaki, te whakawhanaunga ki ētahi atu)
- te kiritau (te rata ki a ia anō)
- te hikinga o te wairua
- te whakahaere i a ia anō kia rite, kia mauri oho
- te wairua whakawhena.

Kuputaka

whakaaro huritao	reflection, reflective thought
whāinga whāiti	specific objective
kiritau	self-esteem, self worth
rata ki a ia anō	sense of self-worth
wairua whakawhena	assertiveness

Tātari Kounga

- 1 Me mātua whakamana ngā Kaituku Akoranga me ngā Whakahaere Whakangungu Ahumahi e te Mana Tohu Mātauranga o Aotearoa ka rēhita ai i ngā hua ka puta mai i ngā aromatawai ki ngā paerewa paetae.
- 2 Ko ngā Kaituku Akoranga me ngā Whakahaere Whakangungu Ahumahi kua mana, ā, e aromatawai ana i ā rātou hōtaka ki ngā paerewa paetae, me uru rātou ki ngā pūnaha whakaōrite e tika ana mō aua paerewa paetae.

Ko te tohutoro ki te Mahere Whakamana, Whakaōritenga hoki

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