

## He Ngohe Aromatawai ā-Roto Mo ngā mahi whakamahere anake

**Te Ingoa o te Ngohe:** Taku Manu Kōrero e!

**Aronga:** Hauora 1.2B

**Paerewa Paetae:** Hauora 1.2

**Kaupae:** 1

**Whiwhinga:** 6

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### He Tohutohu mā te Ākonga

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#### I tēnei ngohe

I tēnei ngohe, ka whakapakari koe i tētahi wāhanga o tō hauora kia rite pai koe ki te tū ki ngā whakataetae ā-rohe mō Ngā Manu Kōrero.

#### Te horopaki

He hōnore nui, he haepapa nui te tū ki ngā whakataetae ā-rohe mō Ngā Manu Kōrero. Ko koe te māngai mō tō whānau, tō kura, tō hāpori hoki, nā reira he taumata me eke. Me mārama ō kōrero, me whakawai i te minenga, i ngā kaiwhakawā hoki, ka mutu ko te mana o te kura kei runga i a koe. Ko tō mōhio ki te āta tūhono atu ki te hunga whakarongo me te kawē i a rātou ka whaihua nui ki tō kura.

Ka aromatawaitia:

- tō whakamārama i tētahi whāinga whaiaro SMART e hāngai ana ki tō hauora
- tō waihanga, whakatinana, arotake hoki i tētahi mahere whakapakari i tō hauora.

#### Hei Mahi

##### Tūmahi 1: Ngā wero

**Ka tautohu koe i ngā wero ki tō hauora mā te:**

- whakaaro ki ngā āhuatanga o tō hauora hei whakapakari māu kia tū pakari ai koe ki te whakataetae Ngā Manu Kōrero.
- whakaaro ki ngā wero ka ara mai i tō tū ki te whakataetae Ngā Manu Kōrero (pānuihia ngā tauira kei te Rauemi A).
- ōhia manomano i ngā pānga o aua wero ki tō hauora.

## Tūmahi 2: Te whāinga

Āta tirohia ngā kitenga i te tūmahi 1.

1. Whiriwhiria he whāinga whaiaro hauora hei whakapakari i tō hauora kia rite, kia pakari ai tō tuku kōrero ki Ngā Manu Kōrero.

E whai ake nei ētahi huarahi waihanga whāinga whaiaro hauora hei whai māu:

- te whakapakari i tō tuku kōrero ki te marea mā te tuku kōrero ki mua i te akomanga, i ngā kaiako, i tō whānau, i a wai atu rānei
- te whakapiki i tō whakamahi i ngā pūkenga whakawhitiwhiti kōrero kia mārama ai te minenga
- te kimi rautaki whakatau wairua
- te ako ki te āta whakarite i a koe anō.

## Tūmahi 3: Te mahere

1. **Tuhia tētahi whāinga whaiaro** hei whai māu.
2. **Whakaritea he mahere** hei whakatutuki i ngā whāinga. Whakaarohia:
  - a. ngā mahi - Ka aha koe?
  - b. ngā rauemi - He aha ngā mea hei āwhina i a koe? Ko wai rānei ngā tāngata hei tautoko i a koe?
  - c. ngā wero, ngā momo aukatinga
  - d. ngā rautaki ka whāia hei kaupare i ngā wero.
3. **Whakatinanahia** te mahere.
  - a. E toru wiki te roanga hei whakatinana i te mahere.
  - b. Aroturukihia ō mahi.
    - i. Tuhia ngā rangi i mahia ai ngā mahi - tērā pea ka tuhi noa ki te mahere.
    - ii. Whakaahuatia ngā mahi i mahia.
    - iii. Ko wai mā i āwhina i a koe i roto i ō mahi?
    - iv. He aha te/ngā mea i āwhina i a koe ki te mahi i ngā mahi?
    - v. Mēnā i ara ake he wero, i aha koe? I kauparehia aua wero, kāore rānei?
    - vi. Ki ō whakaaro, kei te huarahi tika koe ki te whakatutuki i ngā whāinga? Tuhia ō whakaaro huritao.
  - c. Āta kohia ō whakaaro katoa. Hei tauira:
    - i. mā te tuhi pitopito kōrero ki te pukapuka hautaka
    - ii. mā te tuhi pitopito kōrero ki tētahi tūtohi

- iii. mā te rangitaki
- iv. mā tētahi huarahi kē e pai ana ki a koe.

#### Tūmahi 4: Te arotake

1. **Arotakengia te whaihua o te mahere.** I runga i ngā taunakitanga i kohi ai koe, ki ō whakaaro:
  - a. I tutuki i a koe ngā whāinga? Ki te kore, he aha ai?
  - b. Ki te whai anō koe i te mahere, ka whai noa i te mahere kua takoto kē i a koe, ka whakarerekēhia rānei? He aha ai?
  - c. He aha ngā mahi i tino whaihua?  
Whakamāramahia.
  - d. He aha ngā wero i puta? I ahatia aua wero?
2. **Whakamāramahia ō whakaaro huritao** ki mua i te aroaro o ō hoa ākonga. Hei tauira:
  - a. mā tētahi whakaaturanga
  - b. mā tētahi kiriata poto
  - c. mā te kōrero ā-waha.

#### Rauemi A

I a koe ka whakarite, ka tū ki te tuku i tō kōrero, ka nui ngā kawatau ki runga ki a koe. Hei tauira:

- me kounga te reo
- me kounga, me tau te hanga
- me pakari, me māia
- me hōhonu, me koi ngā kōrero
- me whakawai, me whakareka i te hunga whakarongo
- me mōhio ki te koke ahakoa ngā wero ka ara mai
- me mātua mōhio ki tō kaupapa kōrero.

Mā ēnei pātai koe e mōhio ai kua tika tō whakarite whāinga whaiaro SMART:

- Kei te pai te whāiti o ō whāinga??
- E taea ana te ine?
- E taea ana te whakatutuki?
- Kua whakaritea he wā e tutuki ai ngā whāinga?

## Rauemi B

### Te tautohu i ngā painga me ngā wero ki tō hauora

He aha ngā wāhanga o tō hauora e taea ana te whakapakari kia tū māia, tū pakari ai koe ki te atamira?



He aha pea ngā wero o te tū ki te whakataetae ā-rohe mō Ngā Manu Kōrero? Pānuitia ngā taura kei te Rauemi A.

Me ōhia manomano ngā pānga o ēnei wero ki tō hauora:



### Rauemi C

I ngā kōrero i puta i tō ōhia manomano, waihangatia he whāinga whaiaro hauora hei whakapakari i tō hauora, e rite pai ai koe ki te tuku i tō kōrero ki ngā whakataetae ā-rohe. Anei ētahi taura whāinga whaiaro hauora:

- te whakapakari i tō tū ki mua i te minenga mā te parakatihi ki mua i tō akomanga, ō hoa, ō kaiako, me tō whānau
- te whakapakari i ō pūkenga whakawhitiwhiti kōrero kia mārama ai te minenga ki tō kaupapa me ō whakaaro
- te whai rautaki kia mauri tau ai koe
- te ako ki te āta whakarite i a koe me ō tini mahi.

*Whāinga whaiaro:*

*Whakamāramatia mai te take i whiriwhiri ai koe i tēnei whāinga whaiaro:*

## Rauemi D

Whakaurua ki tō mahere he whāinga whaiaro SMART (ka tutuki i roto i te toru wiki).

<b>S</b> -pecific He <i>whāiti</i> te/ngā whāinga.	
<b>M</b> -easureable E taea ana te <i>ine</i> .	
<b>A</b> -ttainable E taea ana te <i>whakatutuki</i> .	
<b>R</b> -elevant E <i>hāngai</i> ana.	
<b>T</b> -imeframe Kua whakaritea he wā e tutuki ai.	

1. Whakamāramatia mai ngā painga ki tō hauora ki te tutuki i a koe tō whāinga.  
Kōrerotia kia rua o ēnei wāhanga hauora e rārangi mai nei:
  - oranga tangata
  - oranga wairua
  - oranga ngākau
  - oranga taiao.

*Wāhanga Hauora 1:*

*Wāhanga Hauora 2:*

2. He aha ngā wero ka ara mai, e uaua ai tō whakatutuki i tō whāinga, ā, ka aha koe kia tutuki tonu ai?

<i>Ngā wero</i>	<i>Me aha koe e tutuki tonu ai te whāinga?</i>
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3. He aha ētahi rauemi ka hāpai ake i tō whakatutuki i tō whāinga?

<i>Ngā rauemi</i>	<i>Ka pēwhea tō whakamahi i ngā rauemi nei?</i>
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4. Whakamāramatia mai kia toru ngā mahi matua (e whakamahi ana i ngā rauemi hei turaki wero) e tutuki ai i a koe tō whāinga whāiaro SMART. Āta whakaraupapatia ngā mahi.

<i>Mahi #1</i>	<i>Ka pēwhea tō whakamahi i ngā rauemi hei turaki atu i ngā wero?</i>
<i>Mahi #2</i>	<i>Ka pēwhea tō whakamahi i ngā rauemi hei turaki atu i ngā wero?</i>
<i>Mahi #3</i>	<i>Ka pēwhea tō whakamahi i ngā rauemi hei turaki atu i ngā wero?</i>

5. He aha ngā āhuatanga ka aroturukihia, e mōhio ai koe kei te huarahi tika e tutuki ai tō whāinga?

<i>Āhuatanga #1</i>	
<i>Āhuatanga #2</i>	
<i>Āhuatanga #3</i>	

## **Rauemi E**

### **Whakatinanahia te mahere.**

- E toru wiki te roanga hei whakatinana i te mahere.
  
- Aroturukihia ō mahi.
  - Tuhia ngā rangi i mahia ai ngā mahi - tērā pea ka tuhi noa ki te mahere.
  - Whakaahuatia ngā mahi i mahia.
  - Ko wai mā i āwhina i a koe i roto i ō mahi?
  - He aha te/ngā mea i āwhina i a koe ki te mahi i ngā mahi?
  - Mēnā i ara ake he wero, i aha koe? I kauparehia aua wero, kāore rānei?
  - Ki ō whakaaro, kei te huarahi tika koe ki te whakatutuki i ngā whāinga?  
Tuhia ō whakaaro huritao.
  
- Āta kohia ō whakaaro katoa. Hei tauira:
  - mā te tuhi pitopito kōrero ki te pukapuka hautaka
  - mā te tuhi pitopito kōrero ki tētahi tūtohi
  - mā te rangitaki
  - mā te rauemi e whai nei (*Hautaka mahi*)
  - mā tētahi huarahi kē e pai ana ki a koe.
  
- Tuhia ō whakaaro ki ō mahi i a koe e ngana ana ki te whakatutuki i tō whāinga.

<b>Hautaka mahi</b>				
<i>Te rā</i>	<i>Te mahi</i>	<i>Ngā rauemi (taputapu, tangata) hāpai i a koe</i>	<i>Ngā wero</i>	<i>Ō whakaaro/kare ā-roto mō ngā mahi kua mahia kia tutuki haere ai tō whāinga</i>

<b><i>Te rā</i></b>	<b><i>Te mahi</i></b>	<b><i>Ngā rauemi (taputapu, tangata) hāpai i a koe</i></b>	<b><i>Ngā wero</i></b>	<b><i>Ō whakaaro/kare ā-roto mō ngā mahi kua mahia kia tutuki haere ai tō whāinga</i></b>

## ***Rauemi F***

### **Arotake**

Arotakehia ngā mahi i tō wātaka, ka āta whakamārama ai i ō whakautu ki ngā pātai e whai ake nei.

1. Ngā mahi kāore i whaihua. He aha i pēnā ai?

2. Ngā rauemi i whakamahia e koe me ngā pānga ki ō mahi.

3. Ngā wero i ara mai me ngā pānga ki ō mahi.

4. I tutuki rānei, kāore rānei i tutuki, i āhua tutuki rānei i a koe tō whāinga? He aha i pēnā ai?

5. He aha ō kupu taunaki mō te anamata ki te whāia anō te whāinga nei?

- He aha ngā mea ka panonitia e koe? He aha ai?
- He aha ngā mea ka tōai? He aha ai?

6. He aha ngā akoranga mōu anō i tēnei mahi, ā, he aha ngā hua ki tō anamata?

7. He aha ngā painga o ngā mahi nei ki tō hauora?

8. He pēhea te āwhina a tēnei mahi ki te whakapakari ake i a koe mō te tū ki te whakataetae ā-rohe o Ngā Manu Kōrero?

### Kuputaka

whakatinana	implement
wero	challenges
whakaraupapa(tia)	logical order
āhuatanga	aspects
wātaka	log
rauemi	resource
kawatau	expectation
whāiti	specific
pūkenga whakawhitiwhiti	communication skills
rangitaki	blog