

He Ngohe Aromatawai ā-Roto Mo ngā mahi whakamahere anake

Te Ingoa o te Ngohe: Kia rite!

Aronga: Hauora 1.2C

Paerewa Paetae: Hauora 1.2

Kaupae: 1

Whiwhinga: 6

He Tohutohu mā te Ākonga

I tēnei ngohe

I tēnei ngohe, ko tāu he āta whakarite, he āta whakatinana, he arotake hoki i tētahi mahere kia pai ake ai tō whakahaere i a koe anō i ngā horopaki o ia rangi.

Te horopaki

He nui ngā kaupapa, ngā kawenga me ngā mahi kei te kawea e ngā rangatahi o ēnei rā. Te āhua nei, kāore e nui ana ngā hāora o te rangi hei whakatutuki i ngā mahi katoa kia ea ai ngā hiahia. I te mutunga iho, ko te tāmitanga, ko te māharahara ētahi o ngā āhuatanga ka pā ki te ākonga, ā, he whakaawenga nui tēnei i tōna oranga.

Hei Mahi

Tūmahi 1

E ai ki ngā rangahau, e hia ngā hāora me moe te rangatahi i ia pō? E hia ngā hāora me rāhui i te rangi, i te wiki rānei, mō te whakatā, mō te whai i te mahi ngahau? Ka pēwhea te nui o te kai me ngā momo kai e tika ana kia kainga? E hia ngā wā i te rangi me kai, ā, mō āwhea hoki kai ai, e pai ai te tupu o te tinana me te hinengaro?

Hei āwhina i a koe ki te whakautu i ngā pātai, rangahaua ngā kōrero e pā ana ki te oranga whānui ā-motu o te rangatahi. Whakaarohia te wāhi ki:

- te moe
- te kai
- te āhua o te whakatā me te ngahau
- te whakahoā, te whakawhanaunga
- ngā haepapa kei te kawea i ia rangi.

Tūmahi 2

Ināianeī, aroturukihia te nui o ngā hāora i ia rangi ka pau i a koe:

- ki te moe
- ki te kai
- ki te whakatā
- ki te ngahau
- ki te whakawhanaunga
- ki ngā haepapa o ia rangi.

Waihangatia tētahi kauwhata hei whakataurite i ngā kōrero kua rangahaua me ngā raraunga kua kohia e koe i te mahi aroturuki. He aha tāu i kite ai?

Whakaarohia ngā pātai i raro nei hei āwhina i a koe ki te whakamārama i ngā kitenga:

- Kua pai te nui o ngā hāora moe ai koe i ia pō, e pai ai te tupu o te tinana me te hinengaro?
- Kua nui ngā wā i te wiki ka whai wā koe ki te whakatā, kia mahea ai te hinengaro, kia tau ai tō wairua?
- Ka mutu ana tō kawē ake i ngā haepapa i te kāinga, i te kura, i hea ake rānei, kua nui te wā e wātea ana ki a koe ki te whakawhanaunga, ki te kōkiri rānei i tāu e hiahia ana?
- Kei te pai, kei te nui hoki ngā momo kai ka kainga e koe i ia rangi, e kaha ai koe ki te kawē ake i ō haepapa?

Tūmahi 3

Āta tirohia ngā kitenga o te tūmahi 2.

1. Tautohua **kia rua ngā āhuatanga** kei te hiahia koe ki te whakapakari kia pai ake ai tō oranga whānui.
2. Tuhia **kia rua ngā whāinga whaiaro** hei aronga māu.
3. **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 mā ngā tāngata hei tautoko i a koe?
 - c. ngā wero, ngā momo ārai
 - d. ngā rautaki ka whāia hei kaupare i ngā wero.
4. **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

5. **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 ā 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?

Tuhia ō whakaaro, kei wareware.

6. **Whakamāramahia ō whakaaro huritao** (i te mahi tuarima o runga) ki mua i te aroaro o ō hoa ākongā. Hei tauira:
- a. mā tētahi whakaaturanga
 - b. mā tētahi kiriata poto
 - c. mā te kōrero ā-waha.

NGĀ RAUEMI

***Rauemi A:** he pepa aroturuki hei tauira*

***Rauemi B:** he mahere hei tauira*

***Rauemi C:** he pepa arotake hei tauira*

Rauemi A: he pepa aroturuki hei taura (Tūmahi 2)

	TE NUI O NGĀ HĀORA							
	Rāhina	Rātū	Rāapa	Rāpare	Rāmere	Rāhoroi	Rātapu	Hāora katoa
Te Moe								
Te Kai								
Te Whakatā								
Te Ngahau								
Te Whakahoā								
Ngā Haepapa								

Rauemi B: he mahere hei tauira (Tūmahi 3)

Ingoa		Wiki 1
Whāinga Whaiaro 1		
Ngā mahi <i>Ka aha ahau?</i>	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Ngā rauemi <i>He aha ngā mea hei āwhina i ahau?</i>	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Ngā tāngata tautoko <i>Ko wai ngā tāngata hei tautoko i ahau?</i>	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Ngā wero	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Ngā momo aukatinga	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Ngā rautaki ka whāia hei kaupare i ngā wero	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>
Whakaaro huritao	Rā 1	<i>(Tuhia ngā kōrero ki konei mō ia rangi)</i>

Rauemi C: he pepa arotake hei taurira

TE AROTAKE
I tutuki ngā whāinga? Ki te kore, he aha i kore ai?
Ki te whai anō au i te mahere, ka whai noa i te mahere kua takoto kē? Ka whakarerekēhia rānei? He aha ai?
He aha ngā mahi i tino whaihua? Whakamāramahia.
He aha ngā wero i puta? I ahatia aua wero?

Kuputaka

tāmitanga
haepapa
kauwhata
hautaka

suppression
responsibility
graph
journal