**Tukutuku Ako mō Hauora**

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| **Ngā Whakaaro Whānui** | ***Kia mauri tū, kia mauri ora te tangata. Ka mauri ora te whenua, ka mauri ora te iwi.*** |
| **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** | ***Kia tau te mauri**** 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 āhuatanga kei te kōpakihia e tēnei whakaaro whānui.
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| Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* 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.
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| **Mauri tū, mauri ora; mauri noho, mauri mate** | ***Kia oho te mauri**** Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiora me te oranga. Me manawa piharau te tangata i te roanga o ōna rā e pūmau ai tōna āio, tōna mauri ora. Nā reira, *kia oho te mauri*, koia te āhuatanga kei te kōpakihia e tēnei whakāaro whānui.
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| Ka mōhio te ākonga:* 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 whakahaumaru
* e pai ai tana noho ora i ngā horopaki huhua, me whakamahi tikanga hei whakatau kaupapa, whakarite whāinga, kōkiri whakaaro, whiriwhiri ngātahi anō hoki.
 | Ka mōhio te ākonga:* 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 hapori
* 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.
 | Ka mōhio te ākonga:* 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.
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| **Hāhā te whenua, hāhā te tangata**  | ***Kia ora te mauri whenua**** 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, *kia ora te mauri whenua*, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui.
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| Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* he kawa, he tikanga, he ture o nehe, o nāianei 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.
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| **He taura taonga e motu, he taura tangata e kore e motu** | ***Kia ora te mauri tangata**** 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, *kia ora te mauri tangata*, koia te āhuatanga kei te kōpakihia e tēnei whakaaro whānui.
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| Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* 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.
 | Ka mōhio te ākonga:* he pānga anō ō ngā tikanga houhou i te rongo, 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.
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