

## 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
<b>He iho, he mana, he ihi, he wehi, he tapu tō te tangata</b>	<i>Kia tau te mauri</i>		
	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>he pānga nui tō te whakatoiharatanga ki te orange o te tangata</li> <li>he nui ngā momo tuakiri tangata ka kitea i te ao</li> <li>he mōtika, he haepapatanga o ngā tāngata katoa ahakoa ko wai, nō hea, e pai ai te noho ora ki te ao.</li> </ul>	<ul style="list-style-type: none"> <li>e whakanuia ai te kanorau, me tuwhera te ngākau me te hinengaro o te tangata</li> <li>he pānga anō tō te matatika pāpori ki te orange o te iwi.</li> </ul>
<b>Mauri tū, mauri ora; mauri noho, mauri mate</b>	<i>Kia oho te mauri</i>		
	<ul style="list-style-type: none"> <li>Ko tā tēnei whakaaro whānui, he aro ki te hiranga o te mauri i roto i te koiōra me te orange. 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 whakāaro whānui.</li> </ul>	<ul style="list-style-type: none"> <li>he pānga nui tō te whai wāhi ki ngā mahi koiri me ngā akoranga koiri ki te orange o te tangata</li> <li>ka riro māna anō tōna hauora e tiaki, e whakataki, e whakahaumarū</li> <li>e pai ai tana noho ora i ngā horopaki huhua, me whakamahi tikanga hei whakatau kaupapa, whakarite whāinga, kōkiri whakaaro, whiriwhiri ngātahi anō hoki.</li> </ul>	<ul style="list-style-type: none"> <li>he pānga anō tō te kaupapa hauora Māori ki te orange o te iwi Māori.</li> <li>e aukatia ai te hōrapa haere o tētahi mate, me ū te iwi ki ngā tikanga whaikiko.</li> </ul>
<b>Hāhā te whenua, hāhā te tangata</b>	<i>Kia ora te mauri whenua</i>		
	<ul style="list-style-type: none"> <li>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 orange tonutanga o tērā atu. Orange taiao, orange tāngata. Nā reira, <i>kia ora te mauri whenua</i>, koia te āhuetanga kei te kōpākihia e tēnei whakaaro whānui.</li> </ul>		

Putanga 2

	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• kei te oranga taiao te oranga mō te tangata.</li> <li>• ko te kaitiakitanga e pā ana ki te taiao, e whai painga ana anō mō te tangata.</li> </ul>	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• he tikanga tiaki taiao ā te iwi e ora ai te taiao, e ora anō ai te tangata</li> <li>• e toitū ai te taiao, me whai kiko ngā rautaki hāpai i te toitūtanga.</li> </ul>	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• he kawa, he tikanga, he ture o nehe, o nāiane hoki ka whāia hei oranga mō te iwi</li> <li>• he tapu, he mauri anō tō te taiao, ā, me āta tiaki kia pūmau tonu, kia ora tonu ēnei āhuetanga ōna.</li> </ul>
<p><b>He taura taonga e motu, he taura tangata e kore e motu</b></p>	<p><b><i>Kia ora te mauri tangata</i></b></p> <ul style="list-style-type: none"> <li>• 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 āhuetanga kei te kōpākihia e tēnei whakaaro whānui.</li> </ul>		
	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• ki te whakamahi rautaki kia pai ai tana mahi ngātahi me ētahi atu</li> <li>• he tohu o te whakawhanaungatanga te noho tahi a ngā tēina me ngā tuākana i runga i te aroha pūmau.</li> </ul>	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• ki te kuhu ki ngā kaupapa kotahitanga huhua noa i runga i te tōtika</li> <li>• ki te whakamahi i ōna pūmanawa whakatau raruraru, whakapiki wairua hoki.</li> </ul>	<p><b>Ka mōhio te ākongā:</b></p> <ul style="list-style-type: none"> <li>• he pānga anō ō ngā tikanga houhou i te rongo, ki te oranga o te iwi</li> <li>• ki te arohaehae i te pānga o ngā uara, ngā waiaro me ngā whanonga ki te whakatau raruraru, ki te whakapiki raruraru anō hoki.</li> </ul>