

# Hauora



*E tipu ai te pakiaka tangata, me whakatō he purapura wairua.  
Whakahaukūtia te whenua ki te waiora pūmau kia puta ai ko te Hauora.*

Ko te oranga te tino pūmanawa i homai ki a tāua ki te tangata. Kei a tāua te tino kawenga ki te manaaki, ki te tiaki i tēnei taonga tuku iho.

Ko ā tātou tamariki ngā rangatira mō āpōpō. Mā te tiaki, mā te poipoi ka puta te oranga ki a tātou katoa.

## **Te Whaitake o te Ako i te Hauora**

Ko tā tēnei wāhanga ako, he whakatuwhera i ngā kūaha o te hauora ki te ākongā kia mātau ia ki te oranga tangata, oranga wairua, oranga hinengaro, oranga tinana, oranga ngākau, tae noa ki te oranga taiao. Ka whai wāhi te ākongā ki te whakaahua, ki te whakamārama, ki te whakamātau me te arotake i ngā āhuetanga huhua o te hauora.

## **Te Hanga o tēnei Wāhanga Ako**

Ko ngā whenu, he anga hei whakarite, hei whakawhāiti i ngā kaupapa o te wāhanga ako. E whā ngā whenu o tēnei wāhanga ako, o te hauora. Arā, ko te:

### **Waiora**

*Piki mai. Kake mai.  
Homai te waiora ki ahau.*

Ka tūhura, ka whakamārama te ākongā i ngā āhuetanga o ngā momo kai hei oranga ā-tinana, ā-hinengaro, ā-wairua hoki. Ka whakaahua, ka whakaaroaro, ka tātari hoki te ākongā i ngā āhuetanga o te tupuranga me te haumarutanga hei takapau mō tōna hīkoi i te ao.

### **Koiri**

*Ko te piko o te māhuri,  
tērā te tupu o te rākau.*

Ka whakawhanake, ka whakamahi te ākongā i ōna pūkenga neke, pūkenga koiri, mōhiotanga hoki hei whakapakari i te tinana, hei whakakoakoa i te ngākau, hei whakaauaha i te wairua.

### **Taiao**

*Hāhā te whenua, hāhā te tangata.*

Ka whakawhiti kōrero, ka whakaputa whakaaro te ākongā mō ngā āhuetanga taiao, i te hononga tangata ki a Ranginui rāua ko Papatūānuku, ā, i tō rāua hononga hoki ki te tangata. Ka whai whakaaro hoki te ākongā mō te pāhekohekotanga o te tangata ki te taiao hei hāpai i te noho tahi ki a Papatūānuku, me te noho tahi ki ētahi atu.

### **Tangata**

*He taura taonga e motu,  
he taura tangata e kore e motu.*

Ka whakaatu, ka tātari te ākongā i tōna kāwai here ki ētahi atu hei aka matua mō tōna noho i te mata o te whenua.

Kei ia whenu ōna kaupapa hei whakaahua, hei whakamārama i ngā tino āhuetanga o aua whenu. Ko ngā whāinga paetae i takea mai i ēnei kaupapa. Ahakoa te noho motuhake o tēnā whenu, o tēnā whenu me ngā kaupapa, kei te hono tonu ki ērā atu whenu, ki ērā atu kaupapa o tēnei wāhanga ako.

Hei tāwharau i ēnei whenu, ko te wairua, ko ngā tikanga, ko te reo, ko ngā uara me ngā waiaro. E tika ana kia kōtuituia ēnei āhuetanga ki ngā whenu katoa. Ko te reo me ngā tikanga hei whakanikoniko i ngā whakaaro o te ākongā, hei ārahi i tana mahi. Waihoki, ko te wairua, ko ngā uara me ngā waiaro hei tautoko, hei whakaū i tā te Māori titiro ki te ao.

# HAUORA

## Hauora

Kei raro nei te mahere o tēnei wāhanga ako, o te hauora.



Kia kōtuituia ēnei āhuatanga ki ngā whenu katoa.

**TE WAIRUA  
NGĀ TIKANGA  
TE REO  
NGĀ UARA ME NGĀ WAIARO**

Waiora	Koiri	Taiao	Tangata
<p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhiti kōrero, ka whakaputa kare ā-roto hoki e pā ana ki tōna tupu, pērā i te kai, te tiaki i a ia anō me te whai haere i ngā tikanga o te kāinga.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakaahua mai i ngā tikanga māmā o te noho haumaruru me ngā pūnaha haumaruru.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhanake i ngā nekehanga huhua.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>2. Ka whai wāhi atu ki ngā momo tākaro, ngā momo nekehanga, ngā mahi koiri hoki, me te tautohu he aha i pārekareka ai ki a ia.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka tautohu, ka whakaahua i ētahi whakapapa o te taiao me ngā hononga o te tangata ki te taiao, hei oranga mōna.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka whakawhiti kōrero e pā ana ki ngā taiao e taunga ana ia.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka whakaahua i tana whai wāhi atu ki te whānau me ētahi atu horopaki.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakatinana i te aroha, i te manaaki me te awahi i te tangata, kia pūmau ai ngā taiao hei wāhi pārekareka mō te katoa.</li> </ol>



Kia kōtuituia ēnei āhuetanga ki ngā whenu katoa.

**TE WAIRUA  
NGĀ TIKANGA  
TE REO  
NGĀ UARA ME NGĀ WAIARO**

Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka whakaputa whakaaro mō ngā momo kai, me te pānga o aua kai ki tōna tupu.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka tautohu, ka whakapuaki i ōna whakaaro, i ōna hiahia e pā ana ki tōna tupu.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>3. Ka whakaatu i ngā tikanga o te noho haumaruru me ngā pūnaha haumaruru i roto i ngā horopaki huhua.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka whakapakari i tana mōhio ki te tūhono i ētahi pūkenga koiri e tutuki pai ai ētahi raupapa koiri.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>2. Ka whai tonu i ngā momo tākaro, mahi koiri hoki e pārekareka ana ki a ia, me te whakaahua i ngā hua oranga.</li> <li>3. Ka whakawhanake i ngā whakaaro, i ngā tikanga me ngā ture tōtika o āna mahi tākaro.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhiti kōrero e pā ana ki te hiranga o Papatūānuku rāua ko Ranginui ki te oranga tangata.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka tautohu, ka whakaputa whakaaro mō ngā āhuetanga pārekareka o ngā taiao e taunga ana ia.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka whakaatu i ngā huarahi hei whai, hei whakaū, hei whakakaha ake i ngā hononga i waenganui i te tokorua, i te rōpū, i ngā horopaki huhua hoki.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka torotoro i ngā uara, ngā waiaro me ngā haepapa a te tangata hei whakapiki i te oranga o te whānau, te hapū me te iwi.</li> </ol>



Kia kōtuituia ēnei āhuatanga ki ngā whenu katoa.

## TE WAIRUA NGĀ TIKANGA TE REO NGĀ UARA ME NGĀ WAIARO

Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka torotoro i ngā tikanga e pā ana ki te kai, pērā i te manaaki manuhiri, i ngā horopaki e taunga ana ia.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka tautohu i ngā āhuatanga e rerekē ai tōna tupu.</li> <li>3. Ka whakaahua i ōna kare ā-roto, i ōna whakaponu, tae atu ki ō ētahi atu, e mōhio ai ia ki ōna ake pūkenga.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>4. Ka tautohu, ka whakamahi i ngā tikanga haumarutanga o roto i te kura, kia whaihua ēnei tikanga.</li> </ol>	<p><b>Akoranga koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka whakaatu i tōna hihiri ki te ako i ētahi raupapa neke, i ētahi raupapa koiri āhua uaua i ētahi horopaki huhua.</li> <li>2. Ka whakawhānui i ngā pūmanawa koiri e pārekareka ana ki a ia, me te whakaaroaro ki ngā painga o aua mahi mōna.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>3. Ka whai wāhi atu ki ngā tākaro whakataetae, tākaro pāhekoheko, me te whakaahua i ngā whanonga o te tangata ngākaunui ki te whakataetae.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakaatu me pēhea te tiaki i ngā rawa o te taiao, kia pūmau ai te taiao hei puna rongoā, hei puna oranga whānui.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka whakaputa whakaaro mō te herenga o te tangata ki tōna taiao, te taiao hoki ki te tangata, me te whakarite rautaki kia pārekareka tonu ai ngā taiao mōna ake, mō te tangata hoki.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka whakataurite i te rerekē haere o ngā huarahi whakaū i ngā hononga tāngata, me ngā huarahi whakataki.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka torotoro i ngā aupēhi e whakararu ana i a ia, me te whakaahua i ētahi rautaki māmā hei kaupare i ēnei āhuatanga.</li> <li>3. Ka whai wāhi atu ki ētahi huihuinga tāngata, ki ētahi taiopenga tāngata, me te whakamārama ka pēhea te whakakaha ake a ēnei tūmomo hui i te oranga o te hapori.</li> </ol>



Kia kōtuituia ēnei āhuatanga ki ngā whenu katoa.

## TE WAIRUA NGĀ TIKANGA TE REO NGĀ UARA ME NGĀ WAIARO

Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhiti whakaaro mō ngā momo kai, mō te oranga ā-wairua, ā-hinengaro, ā-tinana.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakaahua i ngā āhuatanga o te pūhuruhurutanga kia tau pai ai tōna wairua ki te rerekē haere o tōna tinana me ō ētahi atu.</li> <li>3. Ka tautohu i ngā pānga mai o ngā karere o te hāpori, me te whakaahua i ngā uara tōtika mō te oranga o te tangata.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>4. Ka kimi, ka whakamahi mōhiohio i ngā horopaki huhua hei whakataū, hei whakatinana i ngā kōwhiringa haumarū.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka māia te tū i te wā e whakaatu ana i ētahi raupapa neke i ngā horopaki huhua.</li> <li>2. Ka whakaatu i tōna hiahia ki te kawē i ngā take me ngā rautaki koiri, ki te whakawhānui atu i ōna āheinga koiri.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>3. Ka whai wāhi atu me te whakaputa māramatanga ki ngā mahi ngātahi i roto i ngā mahi koiri, ā-iwi, ā-hāpori hoki.</li> </ol> <p><b>Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri</b></p> <ol style="list-style-type: none"> <li>4. Ka tūhura i te pānga o te pūtaiao, o te hangarau me te taiao ki ngā taputapu ka kōwhiria, ka whakamahia i ētahi horopaki maha.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakataurite i ngā ture, i ngā tikanga rānei o te ao Pākehā, o te ao Māori, o hea ake rānei, e pā ana ki te mahi a te tangata i roto i te taiao.</li> <li>2. Ka tūhura me pēhea e pai ake ai te āhua o te taiao kura me ētahi atu taiao.</li> <li>3. Ka tūhura i te pānga mai o te hāpori whānui ki te noho ora o ngā hāpori ākongā.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka tautohu, ka whakamārama i te rerekē haere o ngā horopaki whanaungatanga me te pānga hoki ki ngā haepapa o ia tangata, kātahi ka whakaahua i ngā whakautu e tika ana.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakaatu i te huhua o ngā pūmanawa whakapuaki whakaaro i runga i te wairua whakawhena e tōtika ai te mahi ngātahi.</li> <li>3. Ka tautohu i ngā mahi whakatoihara me te tautoko i ētahi atu tāngata e rongō ana i ngā kino o tēnei mahi, kia tū tangata ai.</li> </ol>



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Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka tūhura, ka whakaahua i ngā take kai e hāngai ana ki te ao o te taiohi.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka tūhono i ngā āhuratanga tukanga tupu o te taiohi, me te whakawhanake rautaki whaihua hei tiaki i a ia anō.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>3. Ka tūhura, ka whakamahi i ngā rautaki haumarua kia pai ai te noho ki tōna hapori.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka whakamahi i ngā pūkenga koiri uua mā te whai haere i ētahi mātāpono koiri māmā.</li> <li>2. Ka whakapakari i ngā pūkenga me ngā waiaro tōtika i roto i ngā horopaki mātātaki.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>3. Ka tūhura i ngā āhuratanga ā-iwi, ā-hapori hoki e pāpā ana ki te āheinga koiri o te tangata, me te whai wāhi atu ki ngā mahi koiri, akoranga koiri hoki.</li> </ol> <p><b>Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri</b></p> <ol style="list-style-type: none"> <li>4. Ka whakamātau i te mātauranga taiao, pūtaiao me te hangarau hei hāpai, hei whakaawe i ngā akoranga koiri.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhiti whakaaro mō ngā haepapa me ngā motika a te tangata hei kaitiaki taiao.</li> <li>2. Ka tūhura i te tapu o ngā mea katoa o te taiao, tae atu ki te tangata.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>3. Ka tūhura i ngā kaupapa hāpai i te hauora o te tangata, me te akiaki i te tangata kia whakauru atu ki aua kaupapa.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka tautohu i ngā take e hāngai ana ki ngā hononga tāngata i roto i ngā horopaki huhua, me te whakaahua i ngā kōwhiringa kia puta ai he hua pai.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakaatu i ōna pūmanawa, tikanga mahi ngātahi, hei whakatau kōwhiringa kia noho ora ai ia me ētahi atu.</li> <li>3. Ka rangahau i ngā hononga o ngā tikanga ā-whānau, ā-hapū, ā-iwi ki te oranga o te tangata.</li> </ol>





Kia kōtuituia ēnei āhukatanga ki ngā whenu katoa.

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Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka tūhura, ka whakamārama i te pānga mai o ngā take kai e pāpā ana ki te hauora o te whānau, kōhungahunga mai, taiohi mai, pakeke mai.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>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.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>3. Ka whakarite i ngā rautaki haumaruru hei tiaki i ngā motika a te ākongā me ētahi atu i roto i ngā horopaki huhua.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka whakamahi i ngā mātāpono koiri hei whakapai ake i ngā ariā pūkenga koiri whāiti.</li> <li>2. Ka whakaatu i ngā āheinga koiri, me ngā whakaaro tōtika i ngā horopaki mātātaki.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>3. Ka whakaatu i tōna mārama, i tōna tautoko i te whānuitanga o ngā hiahia me ngā tikanga a ētahi atu (ā-iwi, ā-hapori) i a ia e mahi koiri ana.</li> <li>4. Ka whiriwhiri, ka ū tonu ki ngā mahi koiri me te tātari i ngā āhukatanga e pāpā ana ki te whai wāhitanga ki aua mahi koiri.</li> </ol> <p><b>Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri</b></p> <ol style="list-style-type: none"> <li>5. Ka whakamahi i te mātauranga taiao, pūtaiao me te hangarau kia pakari ai ngā āheinga koiri i ngā horopaki maha.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka arotake i te whaihua o ngā mahi me ngā tikanga a tētahi rōpū kaitiaki taiao.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka tūhura i te mahi me ngā tikanga whaihua o te rohe, o te motu hei whakatairanga i te noho ora o te tangata me te noho haumaruru i roto i ngā taiao.</li> <li>3. Ka tātari i ngā kaupapa a te kura me te hapori e whakatairanga ana i te noho ora me te noho haumaruru a te hunga taiohi.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. 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.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka whakarite rautaki me te whakaatu i ngā pūmanawa mahi e taea ai te aro ki ngā horopaki mātātaki i runga i te wairua tōtika.</li> <li>3. Ka whakaatu i tōna mārama ki ngā āhukatanga e puta ai te tuakiri whaiaro o te tangata, kia taea ai te whakanui i tōna tū motuhake me te tiaki i tōna oranga wairua, oranga hinengaro, oranga tinana.</li> </ol>

Kia kōtuituia ēnei āhuratanga ki ngā whenu katoa.

## TE WAIRUA NGĀ TIKANGA TE REO NGĀ UARA ME NGĀ WAIARO

Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka tautohu i ētahi take kai ka pāpā mai ki ngā whānau, ki ngā hapori whānui rānei, me te whakatakoto rautaki ki te hiki ake i te oranga tangata.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka arotake i ētahi take hauora ka pā atu ki te tangata, me te whakatakoto i ngā rautaki kia noho ora ai te tangata.</li> <li>3. Ka tātari i te pānga mai o ngā momo huihuinga tāngata ki te noho ora o te tangata me te hapori.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>4. Ka whakapakari pūkenga, whanonga hoki e pūmau ana ki ngā āhuratanga matatika, kia haumarū ai te noho a te tangata, a te rōpū, a te hapori.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka arotake, ka whakarerekē i ngā pūkenga koiri whāiti ki te whakawhanake i ōna āheinga, e nui ake ai ōna kōwhiringa mahi pārekareka.</li> <li>2. Ka whakahāngai i ngā pūmanawa me te arotake i te haumarutanga ina puta he mātātaki kikokiko, he āhuratanga hou rānei.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>3. Ka arotake, ka whakahāngai, ka whakamahi i ngā kaupapa koiri e tutuki ai ētahi hiahia o te hapori, o te iwi rānei.</li> <li>4. Ka whakarite, ka whakatinana, ka arotake hoki i tētahi kaupapa koiri, me te tātari i ngā āhuratanga e tautoko ana i te mahi koiri hei hiki ake i te oranga tangata.</li> </ol> <p><b>Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri</b></p> <ol style="list-style-type: none"> <li>5. Ka whakamahi i ngā mātauranga me ngā rauemi tōtika kia pakari ake ngā pūkenga koiri.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakawhanake, ka whakatinana, ka arotake hoki i tētahi kaupapa tiaki taiao e whakauru ana i ngā tikanga mai i te tirohanga Māori.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka akiaki kia wātea mai ngā ratonga me ngā rauemi e hāngai ana, e ea ai ngā hiahia o ngā tāngata i te kura, i te hapori rānei.</li> <li>3. Ka arotake i te wāhi ki ngā ture, ngā kaupapa here me ngā tikanga, e ea ai te matatika pāpori, ahakoa i te kura, i te hapori rānei.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka tātari i te āhua o ngā taura hono tāngata whaitake, ka aro atu ki ngā mātātaki me ngā hua ka puta.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka tātari i ngā mōhihio, ka whiriwhiri whakatau, ka whakamahi i ngā pūmanawa mahi ngātahi hei whakataka i ngā taukumekume, i ngā whakataetae, me te rerekē haere o te āhua o ngā hononga tāngata.</li> <li>3. Ka āta titiro ki ngā whakaaro me ngā uara o te porihanga e pā ana ki ētahi āhuratanga o te noho tahi; ka āta arotake i te pānga mai o ēnei ki te tuakiri whaiaro me te mauritau.</li> </ol>

Kia kōtuituia ēnei āhuetanga ki ngā whenu katoa.

## TE WAIRUA NGĀ TIKANGA

### TE REO

## NGĀ UARA ME NGĀ WAIARO

Waiora	Koiri	Taiao	Tangata
<p><b>Kai</b></p> <ol style="list-style-type: none"> <li>1. Ka āta tātari i ētahi take hauora o te ao whānui, me te whakapuaki whakaaro mō te pānga mai o aua take ki te oranga tangata me te uri whakatipu.</li> </ol> <p><b>Tupuranga</b></p> <ol style="list-style-type: none"> <li>2. Ka āta arotake i ētahi raraunga hei āwhina i te whakatakoto rautaki e ora ai te tangata i ēnei rā me ngā rā kei te heke iho.</li> <li>3. Ka arotake i ngā tikanga, ngā waiaro me ngā ture a te porihanga e pā ana ki ngā take hauora o ēnei rā, me te tātari i te pānga mai o ēnei ki te oranga o te iwi.</li> </ol> <p><b>Haumarutanga</b></p> <ol style="list-style-type: none"> <li>4. Ka tātari i ngā matawaenga, me ngā take matatika o ēnei wā e pā mai ana ki te noho ora o te tangata.</li> </ol>	<p><b>Akoranga Koiri</b></p> <ol style="list-style-type: none"> <li>1. Ka waihanga, ka whakamahi, ka arotake i ētahi rautaki hei whakawhanake i ngā pūmanawa koiri.</li> </ol> <p><b>Whakamahinga Pūkenga Koiri</b></p> <ol style="list-style-type: none"> <li>2. Ka hanga, ka whakamahi, ka arotake i ngā rautaki e tōtika ai, e haumaruru ai te whai wāhi atu ki ngā horopaki kikokiko, mātātaki rānei.</li> <li>3. Ka hanga, ka whakamahi i ngā rautaki e tutuki pai ai ngā hiahia o te iwi i roto i ngā mahi koiri whaiaro, koiri ā-rōpū rānei.</li> </ol> <p><b>Mātauranga Pūtaiao, Hangarau, Taiao me te Koiri</b></p> <ol style="list-style-type: none"> <li>4. Ka whakamātau, ka arohaehae i te hāngaitanga o te mātauranga me ngā rauemi pūtaiao, hangarau hoki ki ngā mahi whakapakari tinana.</li> </ol>	<p><b>Hononga ki a Ranginui rāua ko Papatūānuku</b></p> <ol style="list-style-type: none"> <li>1. Ka whakarite i tētahi kaupapa tiaki taiao o te rohe, o te motu, o te ao rānei mai i te tirohanga Māori, mā tētahi rōpū kaitiaki.</li> </ol> <p><b>Hononga ki ētahi atu Taiao</b></p> <ol style="list-style-type: none"> <li>2. Ka tūhura, ka whakatakoto whakaaro mō ngā rongoā taiao hei whakaora i te wairua, te hinengaro, me te tinana, me te noho haumaruru tonu.</li> <li>3. Ka āta tātari i te kōtuinga o ngā tāngata, ngā ratonga, te pānga mai o te hangarau me ngā ture e pā ana ki te oranga taiao.</li> </ol>	<p><b>Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>1. Ka āta tātari i te āhua o ngā hononga tāngata i ngā horopaki huihuinga tāngata huhua.</li> </ol> <p><b>Huatau o te Whanaungatanga</b></p> <ol style="list-style-type: none"> <li>2. Ka āta tātari i ngā wheako, ngā waiaro me ngā uara ka whai wāhi mai ki ngā taukumekume; te whakaahua i ngā huarahi hei whai e pai ake ai ngā hononga tāngata.</li> <li>3. Ka āta tātari i te pānga mai o te tuakiri whaiaro, te tuakiri ā-iwi, me te tuakiri ā-motu ki te oranga o te tangata.</li> </ol>

