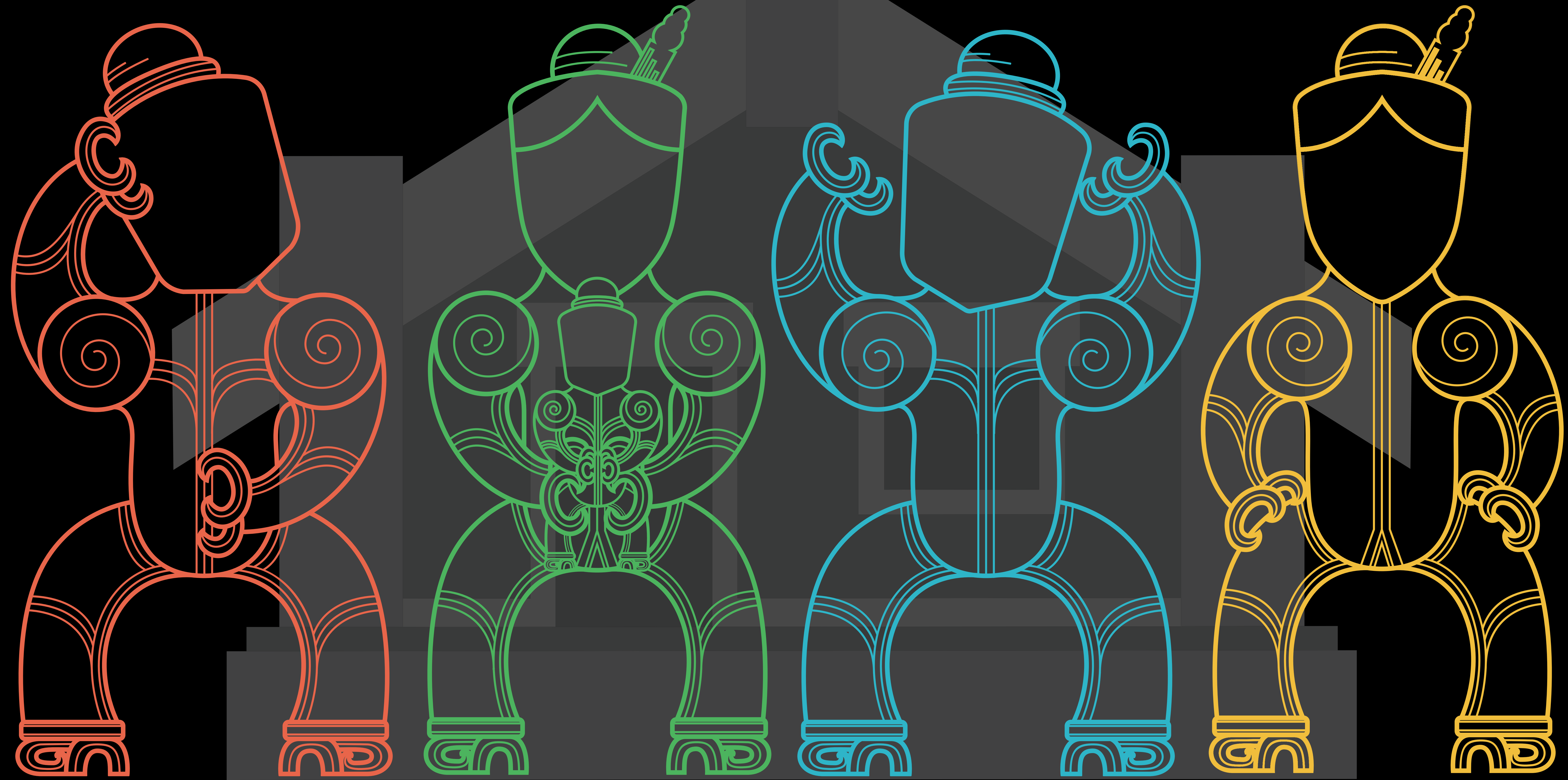


TE WHARE TAPA WHĀ



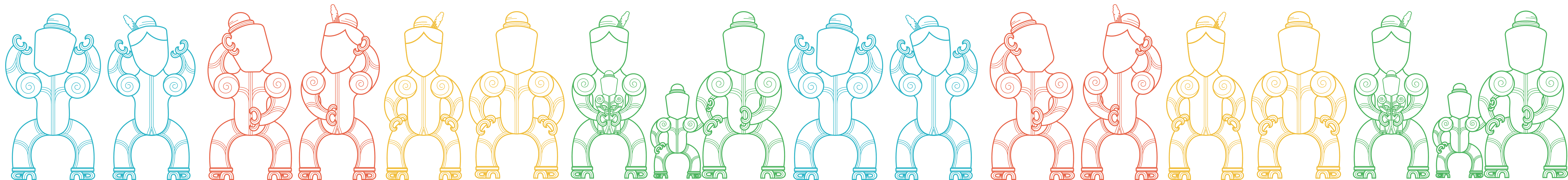


TE WHARE TAPA WHĀ

Pukapuka Whai Ritenga



TUHI.[©]
STATIONERY
TUHI.CO.NZ





KUPUTOHU

He Tīmatanga Kōrero

Te Whare Tapa Whā

2020 Rataka

Tāku Hauora

Tiro Whānui

TAHA WAIRUA

Taha Wairua Pitopito Kōrero

TAHA HINENGARO

Taha Hinengaro Pitopito Kōrero

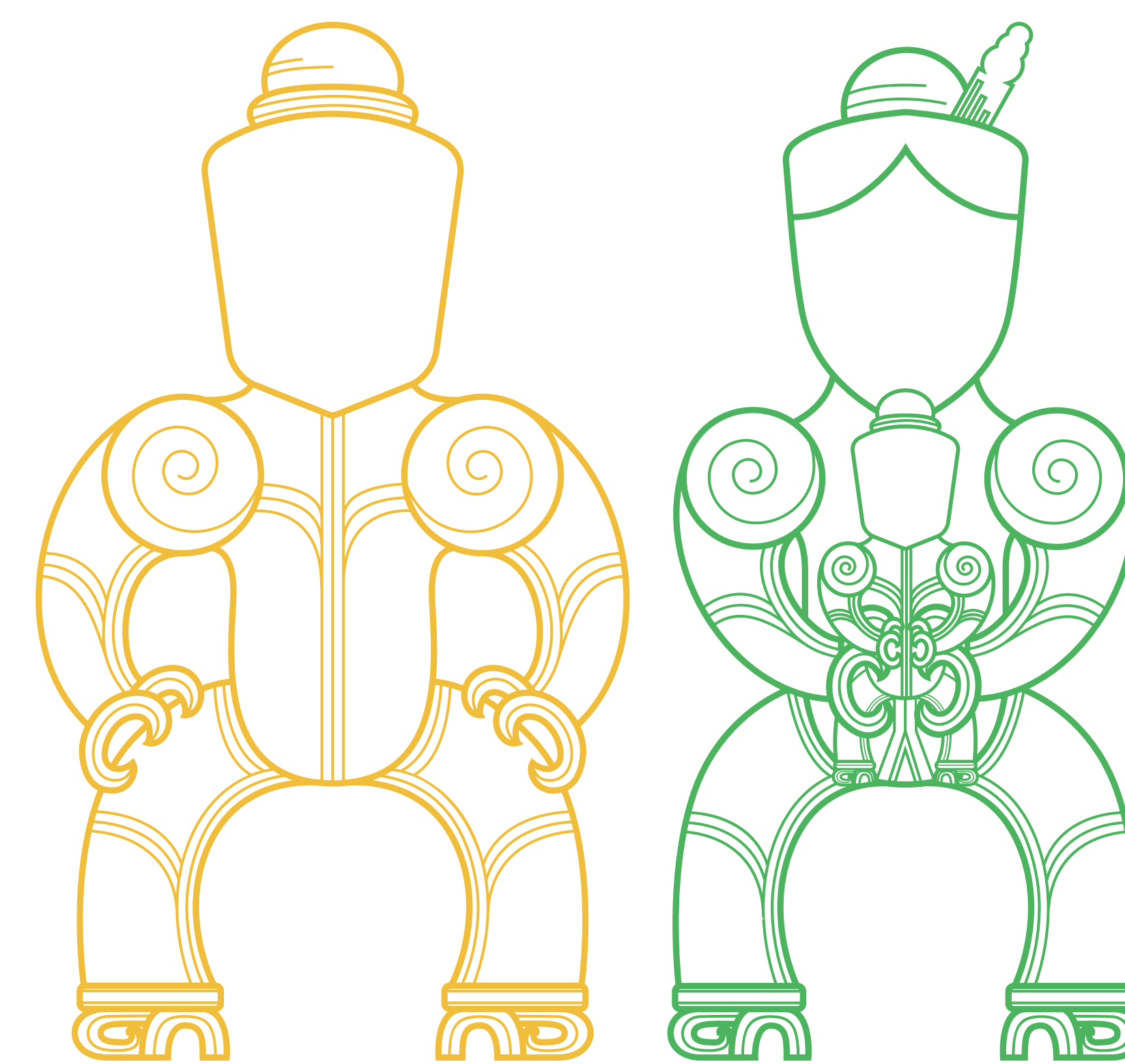
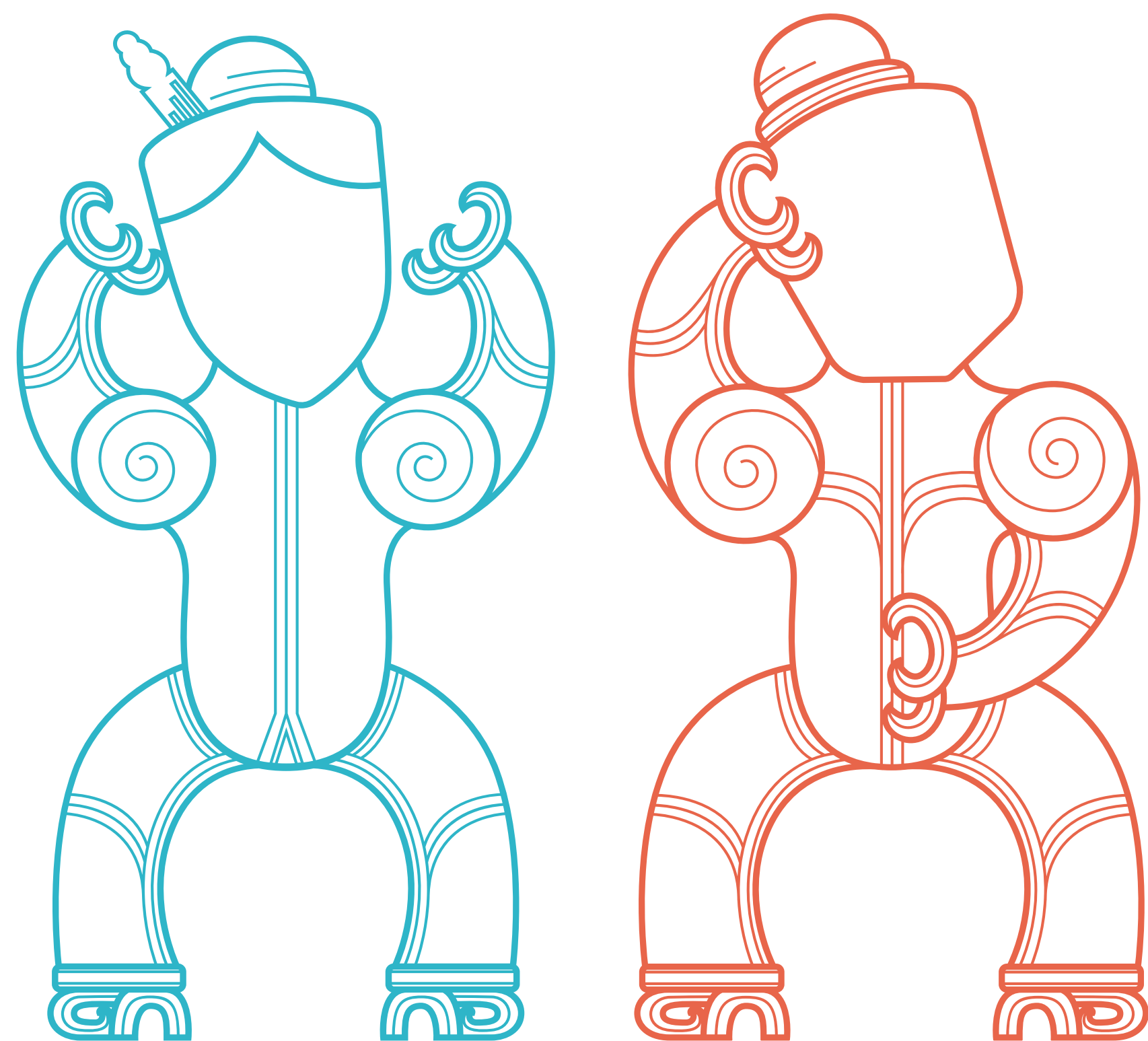
TAHA TINANA

Taha Tinana Pitopito Kōrero

TAHA WHĀNAU

Taha Whānau Pitopito Kōrero

Ōku Mahara



He Tīmatanga Kōrero

**He oranga ngākau,
He pikinga waiora.**

Mēna ka harikoa tō ngākau ka piki ake tō kiritau.
Ko te hauora te hā o te oranga. Nā Tā Mason Durie te anga hauora a
Te Whare Tapa Whā, hei huarahi whai māramatanga ki te hauora me te oranga
tonutanga. Ko te tikanga o tēnei puka mahi ko te tautoko i a koe me tō huarahi whakataū
ritenga hou, ā, ko te whai whakaaro hoki ki o whāinga me o wawata.

Ka whakaahua ngā pikitia kei tēnei puka mahi i ngā tū kapa haka, ā, ka whakaatu i ngā kaupapa
ā whānau, ā tinana, ā wairua, ā hinengaro. Ka toro atu ngā whakapuakitanga ā tinana nei i ngā
āhuatanga o **Te Whare Tapa Whā**
kia noho hei pou māu i roto i o mahi.

Te Whakataū Ritenga Hou

Ko ngā ritenga ngā mahi o ia rā ka whaia e te tangata, engari ehara ēnei i te whāinga matua.
I waihangatia tēnei whai ritenga kia mārama koe ki āu ake ritenga mō tō whare oranga
tonutanga, tō whare hauora, otirā mōu anō!

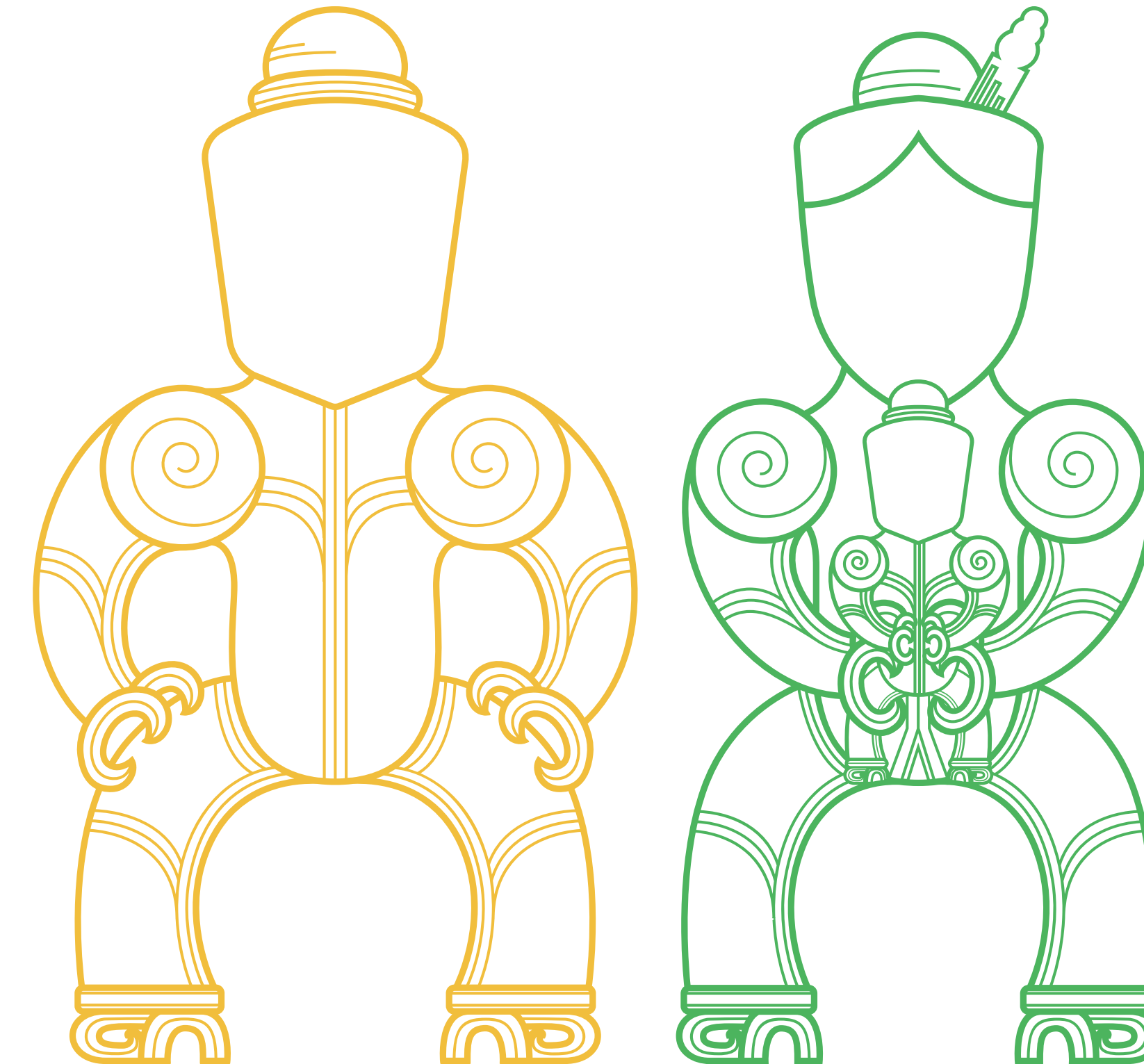
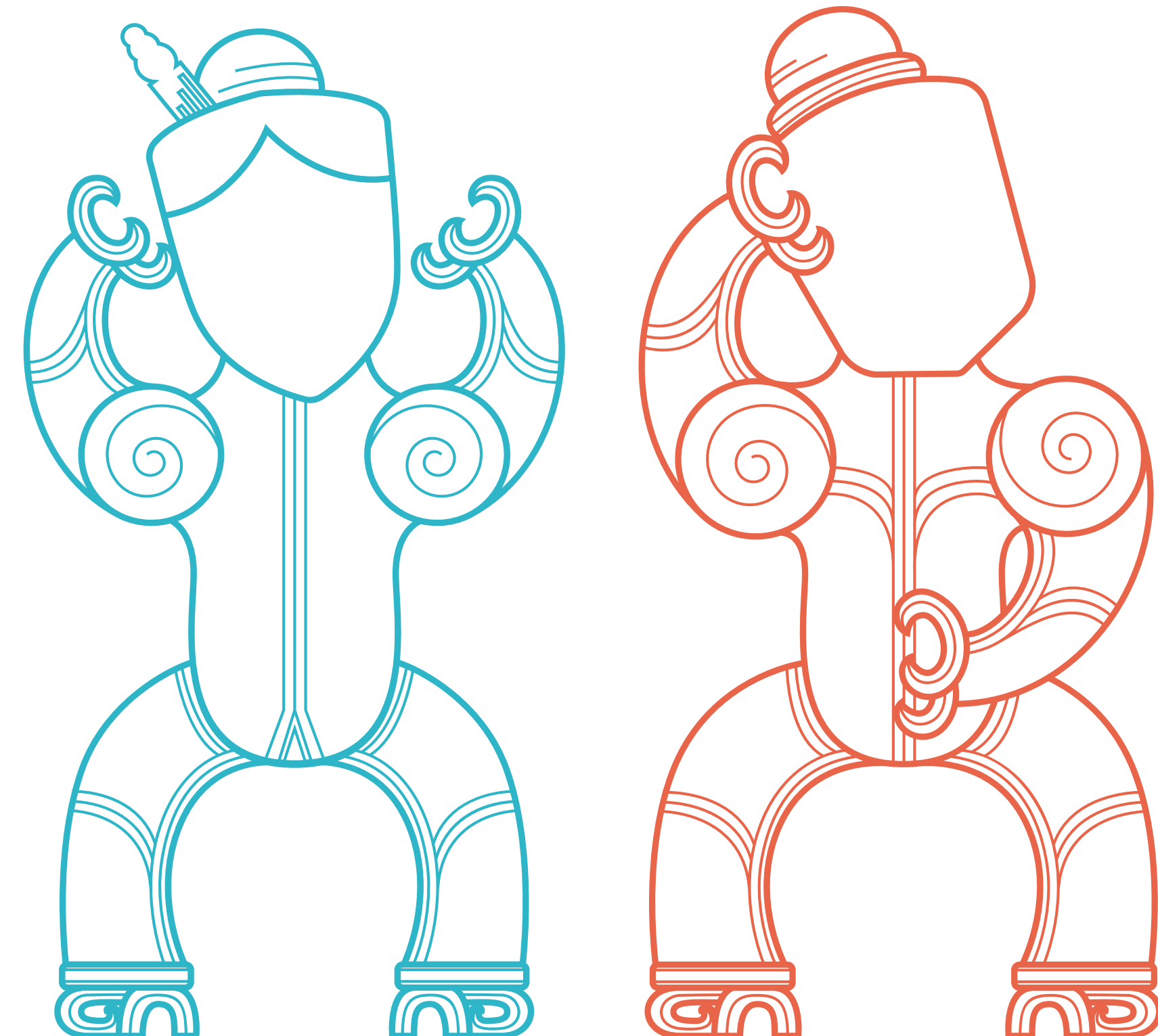
He aha te take o te whai i o tatou ritenga?

Hei whakahoki kōrero.
Hei āwhina ia tātou ki te kite i ngā taurā, ngā tiriwā, me te whakanui i ngā angitutanga.
Kia whai tohu hei mahi mā tatou.
Kia noho pono tatou.

**He ao pōrohe, he ao matawhawhati ētahi wā nō reira me tau tō ngākau, me hūmarie.
Mauri Ora!**

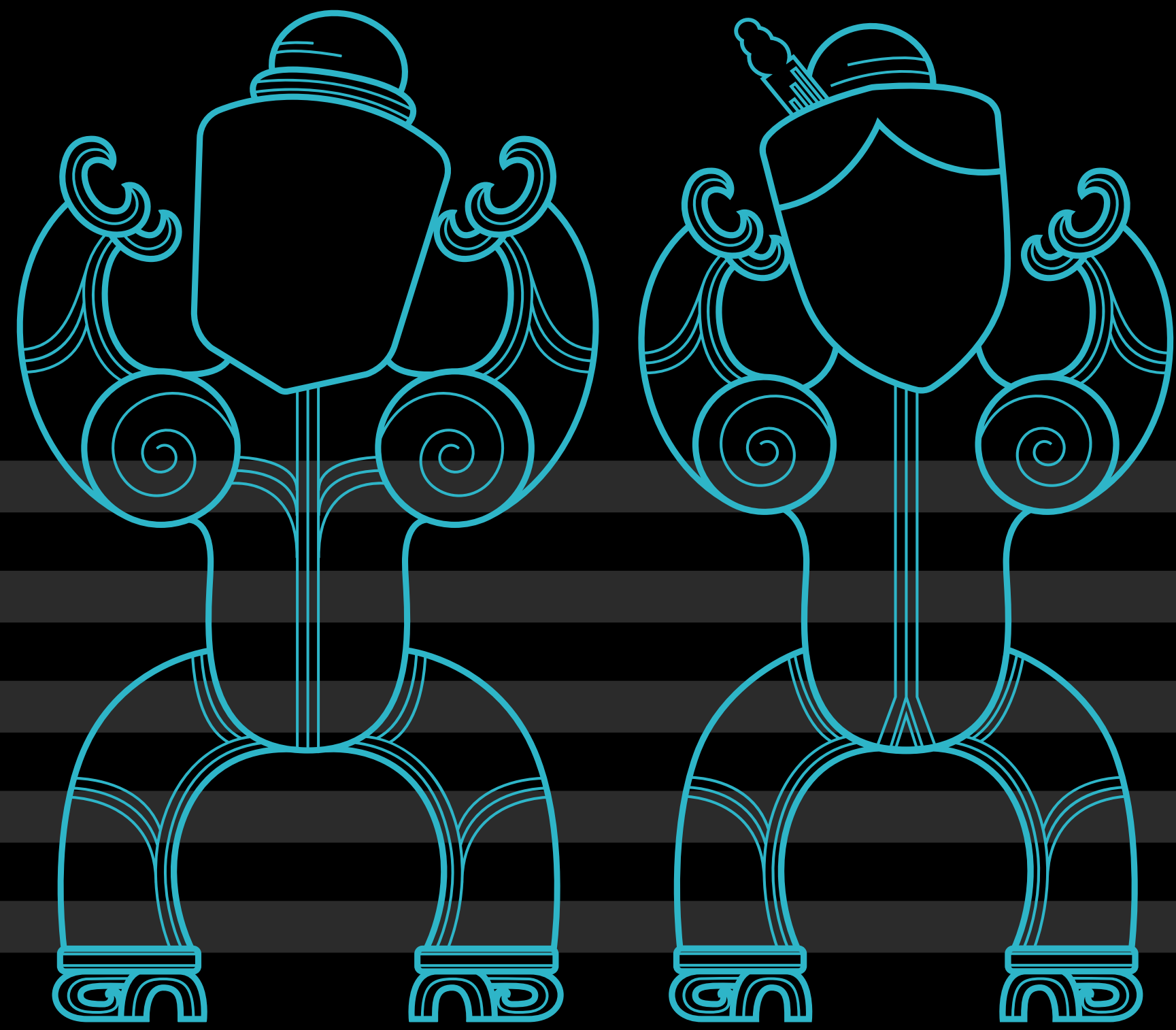
Nā Anne-Marie Jackson PhD

*Associate Professor, Ngāti Whātua, Ngāti Kahu, Ngāpuhi, University of Otago
Mrs Emily Scott, University of Otago, School of Physical Education, Sport and Exercise Sciences*

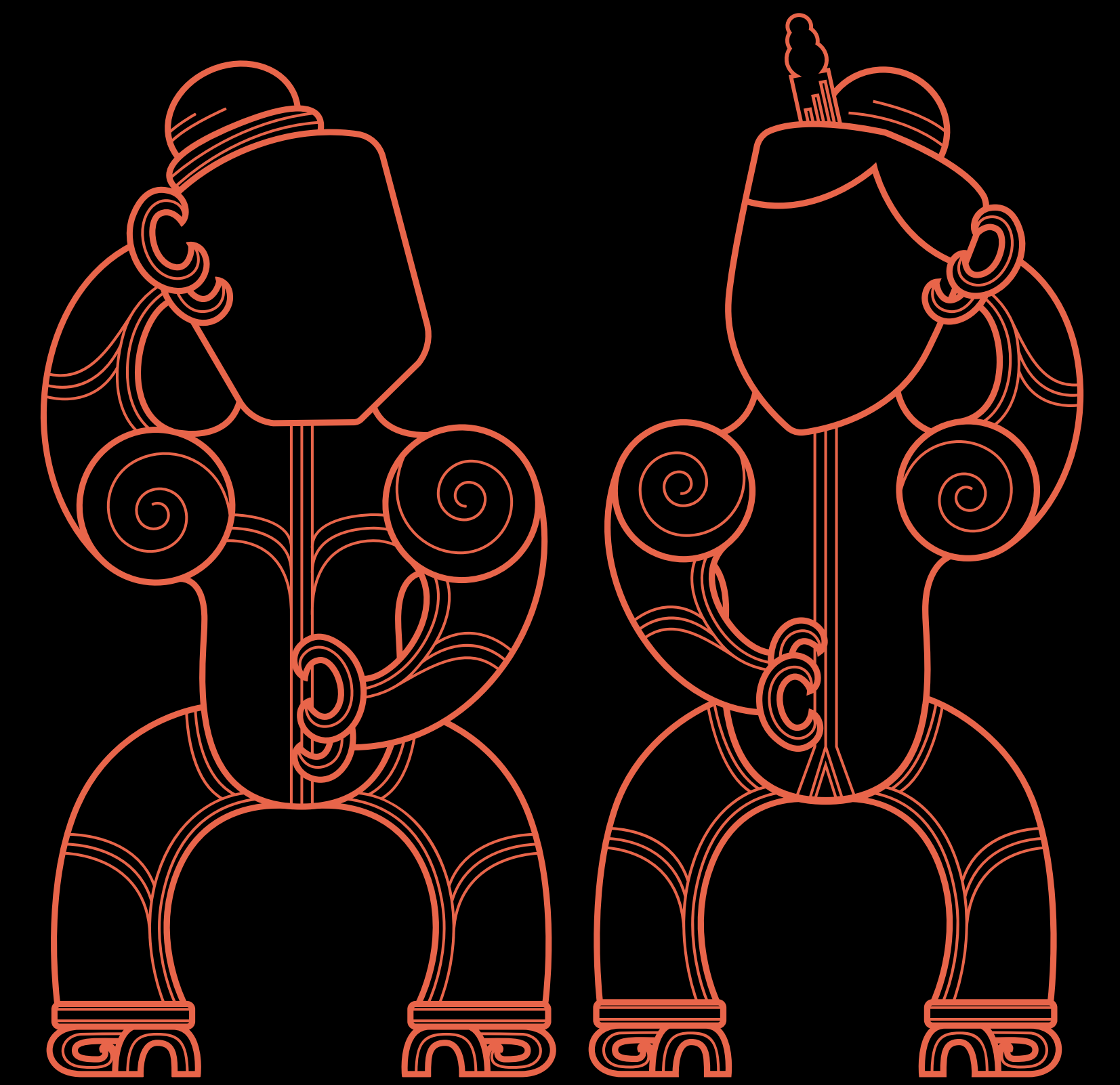


TE WHARE TAPA WHĀ

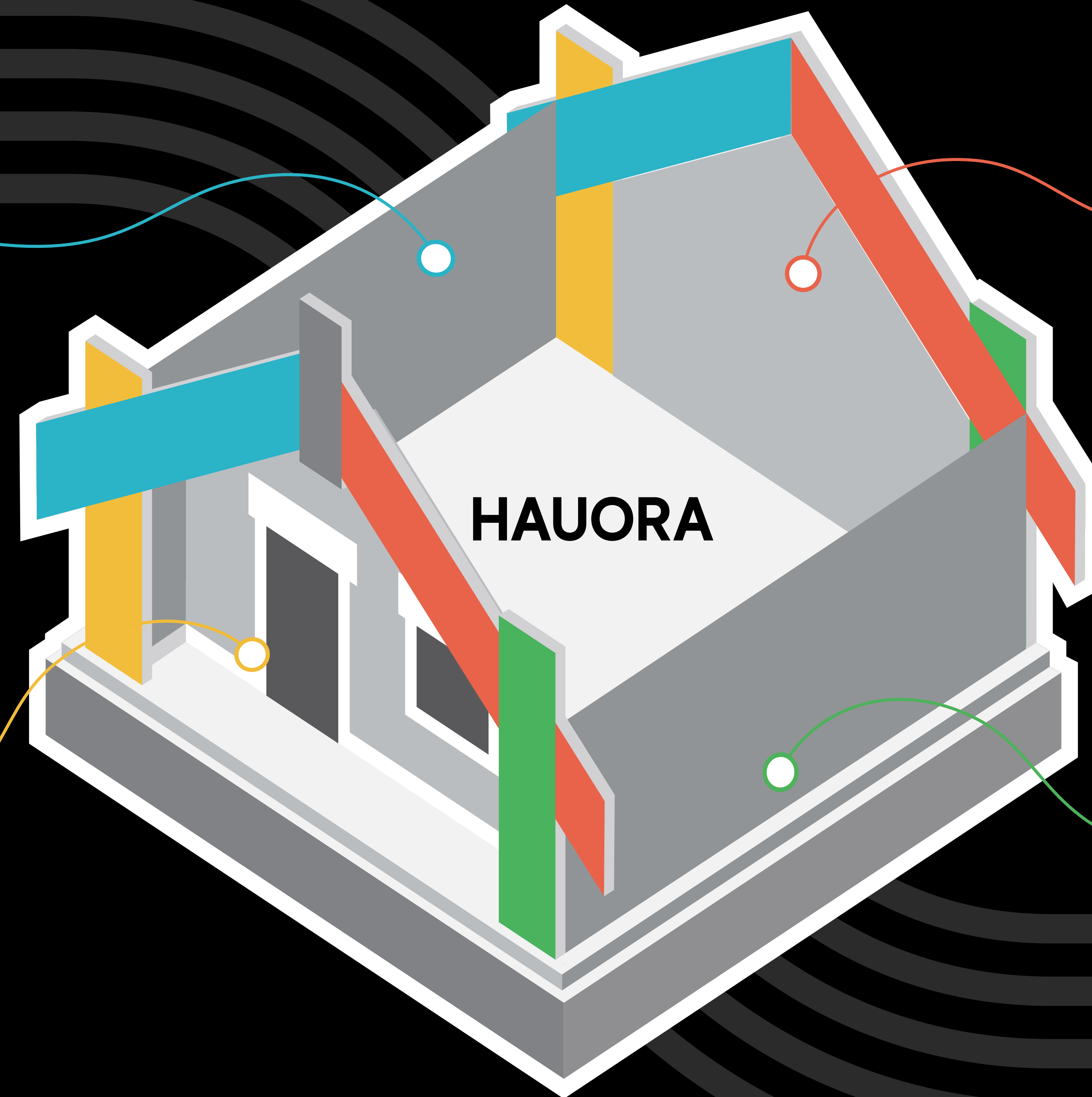
Nā Tā Mason Durie te anga hauora nei a **Te Whare Tapa Whā**. Ko te hanga o **Te Whare Tapa Whā** he wharenui me ōna pakitara e whā. Ka whakaahua ngā pakitara i te taha wairua, te taha hinengaro, te taha tinana me te taha whānau.



TAHA WAIRUA

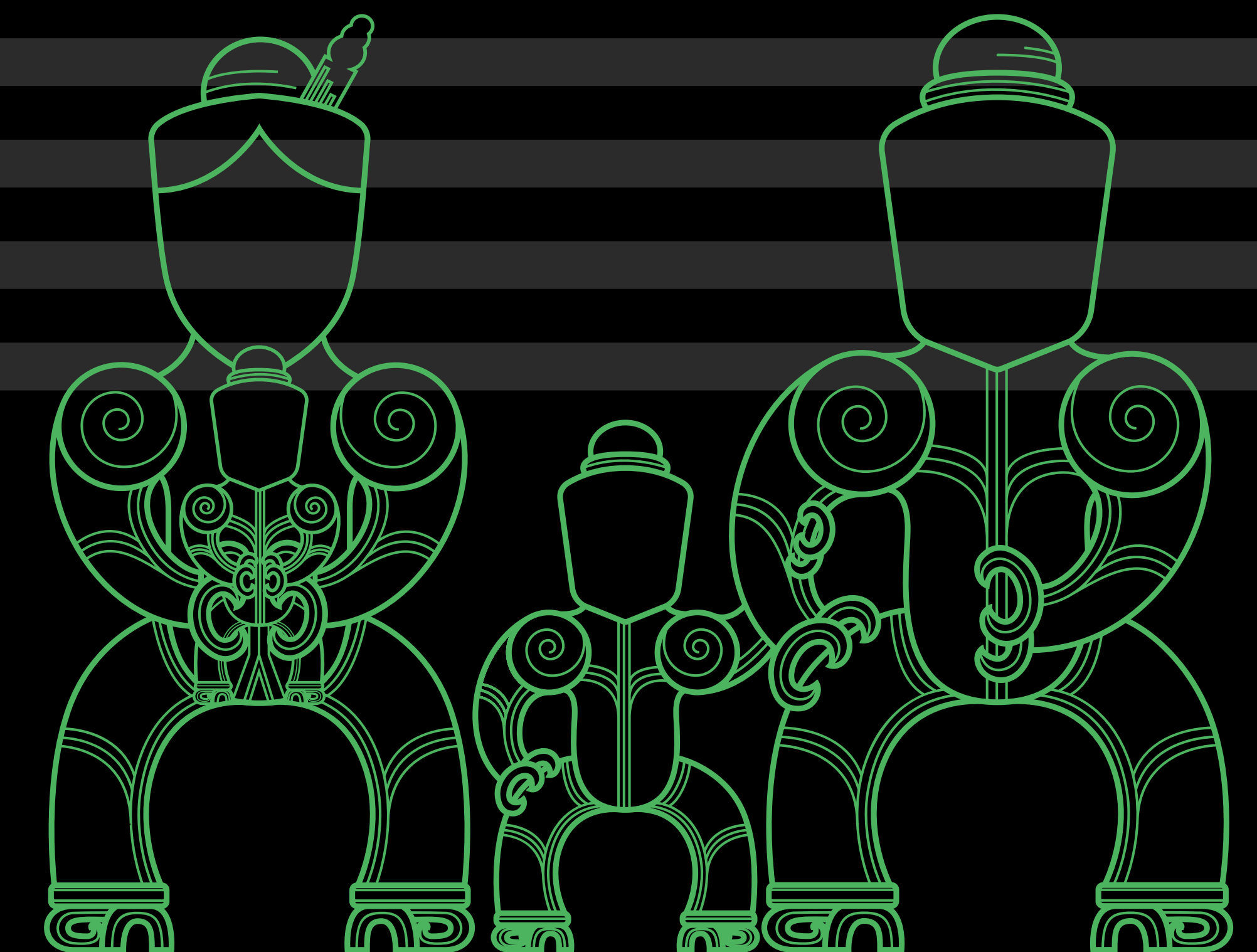
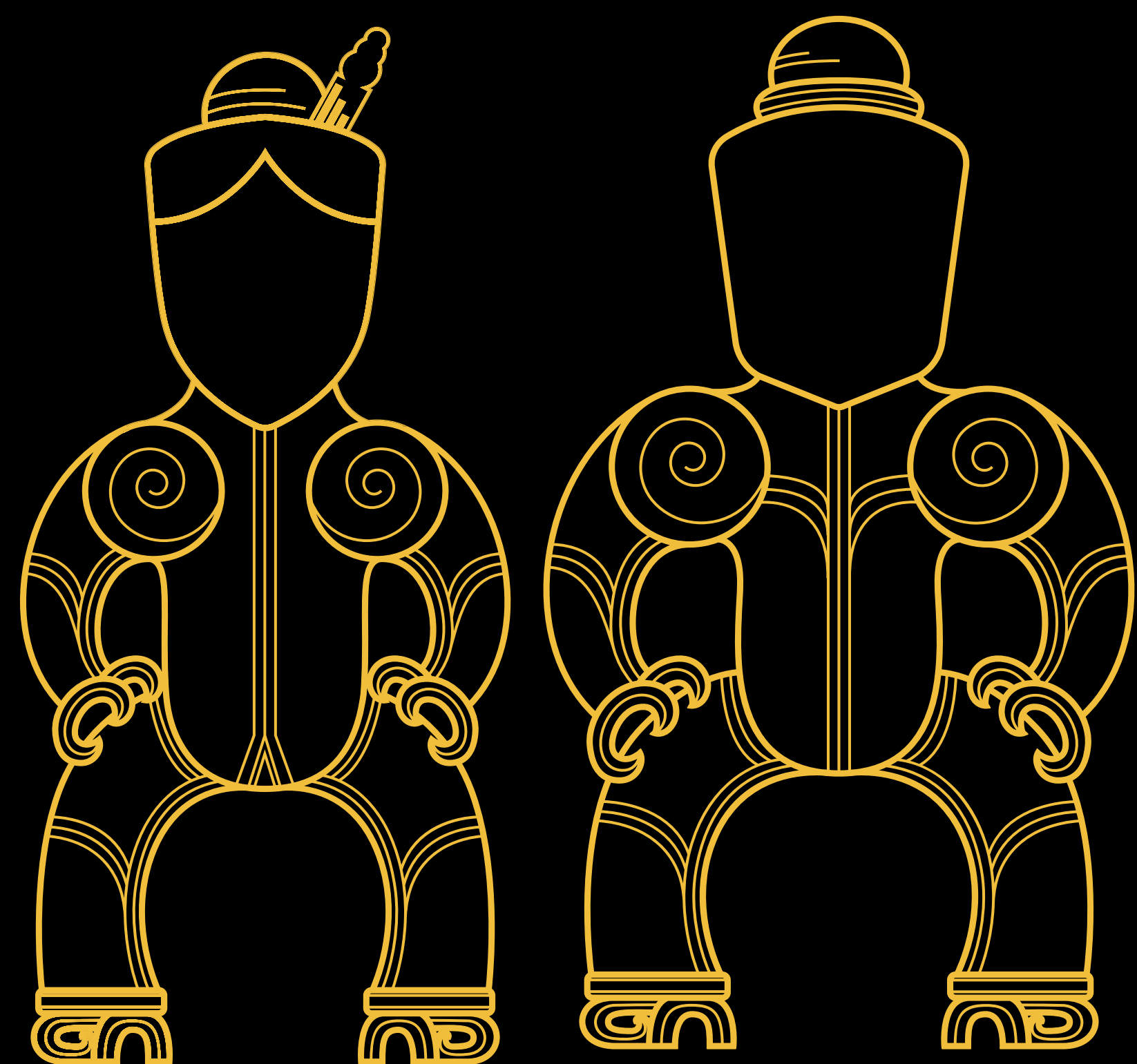


TAHA HINENGARO



TAHA TINANA

TAHA WHĀNAU



He mea nui ngā wāhanga e whā ki te hauora tonutanga o te tangata. Tuhia ki tō puka korero ngā ritenga ka hiahia koe te whai i ia rā. Kia oti tēnā ritenga mō te rā, whakakarakaratia. Ko ngā whārangi kei mua he whakaaturanga o tō whare hauora. Ko te toenga o tō puka korero he wahi ka taea te whai whakaaro, te tuhi, me te whai whakaaro ki ngā ritenga nui kia koe. Nō reira..
Ki te hoe!



2020

Hānuere

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
		1	2	3	4	5
6	7	8	9	10	●	12
13	14	15	16	17	18	19
20	21	22	23	24	●	26
27	28	29	30	31		

Pēpuere

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
					1	2
3	4	5	6	7	8	●
10	11	12	13	14	15	16
17	18	19	20	21	22	23
●	25	26	27	28	29	

Māehe

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
						1
2	3	4	5	6	7	8
9	●	11	12	13	14	15
16	17	18	19	20	21	22
23	●	25	26	27	28	29
30	31					

Āperira

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
		1	2	3	4	5
6	7	●	9	10	11	12
13	14	15	16	17	18	19
20	21	22	●	24	25	26
27	28	29	30			

Mei

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
				1	2	3
4	5	6	●	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	●	24
25	26	27	28	29	30	31

Hune

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
1	2	3	4	5	●	7
8	9	10	11	12	13	14
15	16	17	18	19	20	●
22	23	24	25	26	27	28
29	30					

Hūrae

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
		1	2	3	4	●
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	●	22	23	24	25	26
27	28	29	30	31		

Ākuhata

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
					1	2
3	●	5	6	7	8	9
10	11	12	13	14	15	16
17	18	●	20	21	22	23
24	25	26	27	28	29	30
						31

Hepetema

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
	1	●	3	4	5	6
7	8	9	10	11	12	13
14	15	16	●	18	19	20
21	22	23	24	25	26	27
28	29	30				

Oketopa

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
			1	●	3	4
5	6	7	8	9	10	11
12	13	14	15	16	●	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Noema

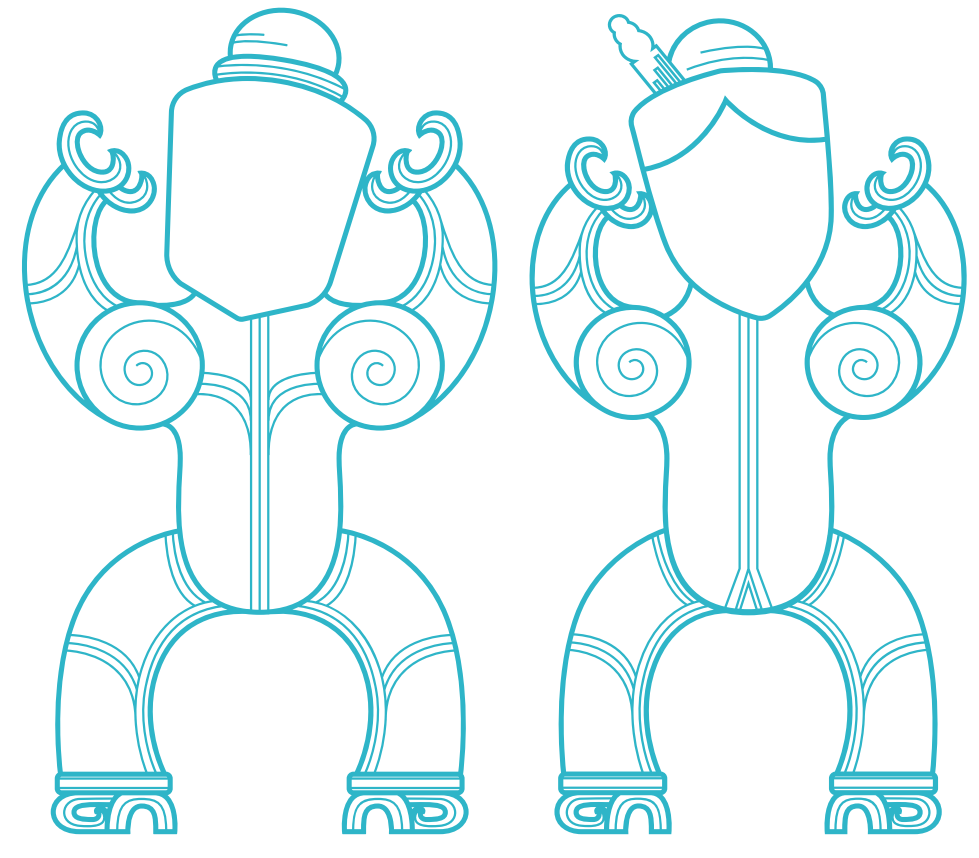
Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
						●
2	3	4	5	6	7	8
9	10	11	12	13	14	●
16	17	18	19	20	21	22
23	24	25	26	27	28	29
●						

Tihema

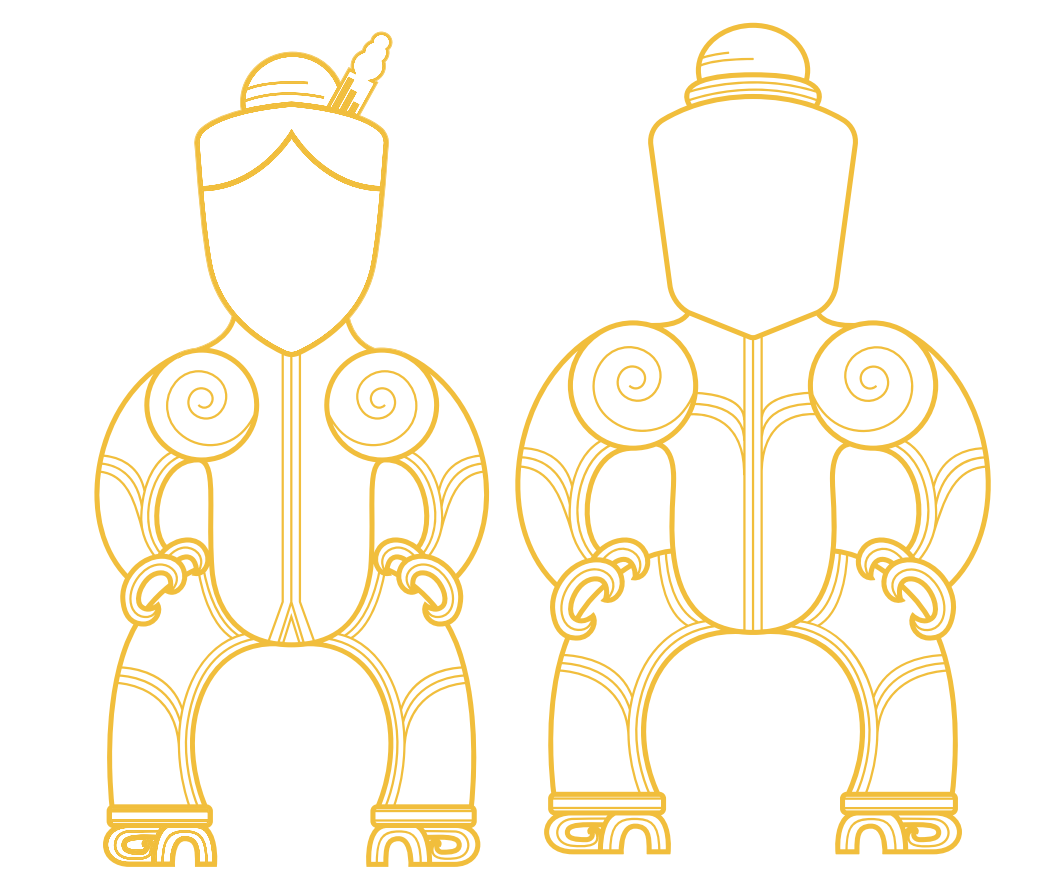
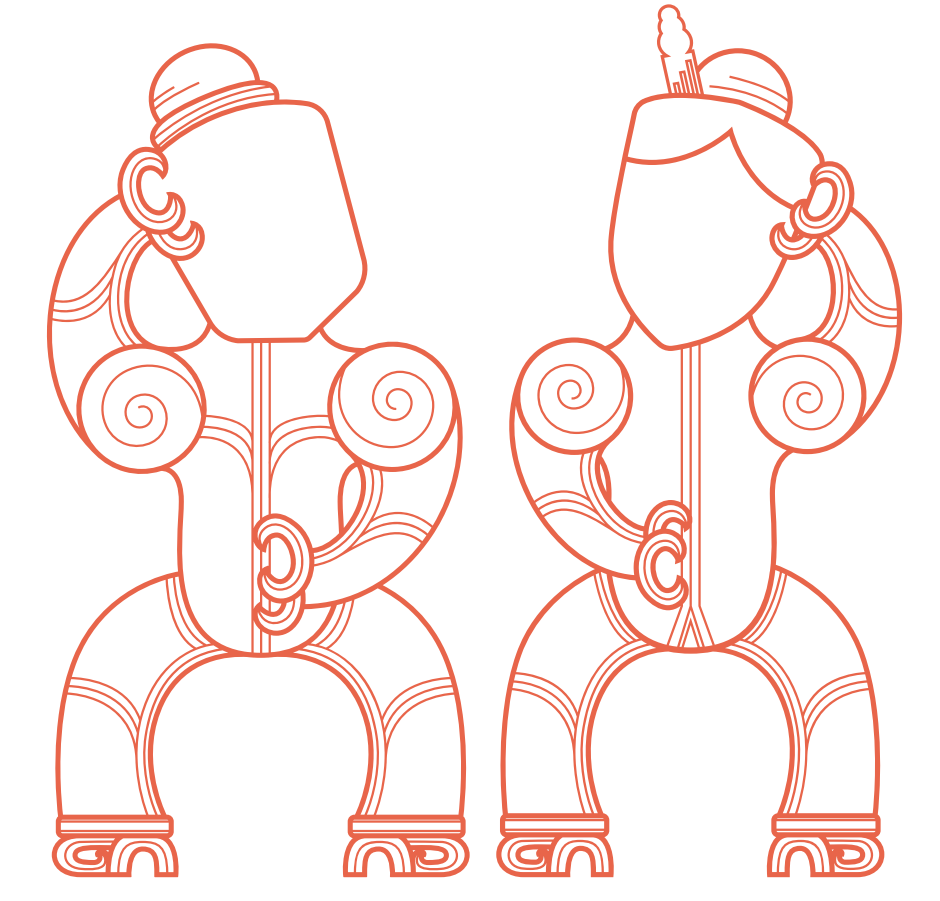
Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	●	16	17	18	19	20
21	22	23	24	25	26	27
28	29	●	31			



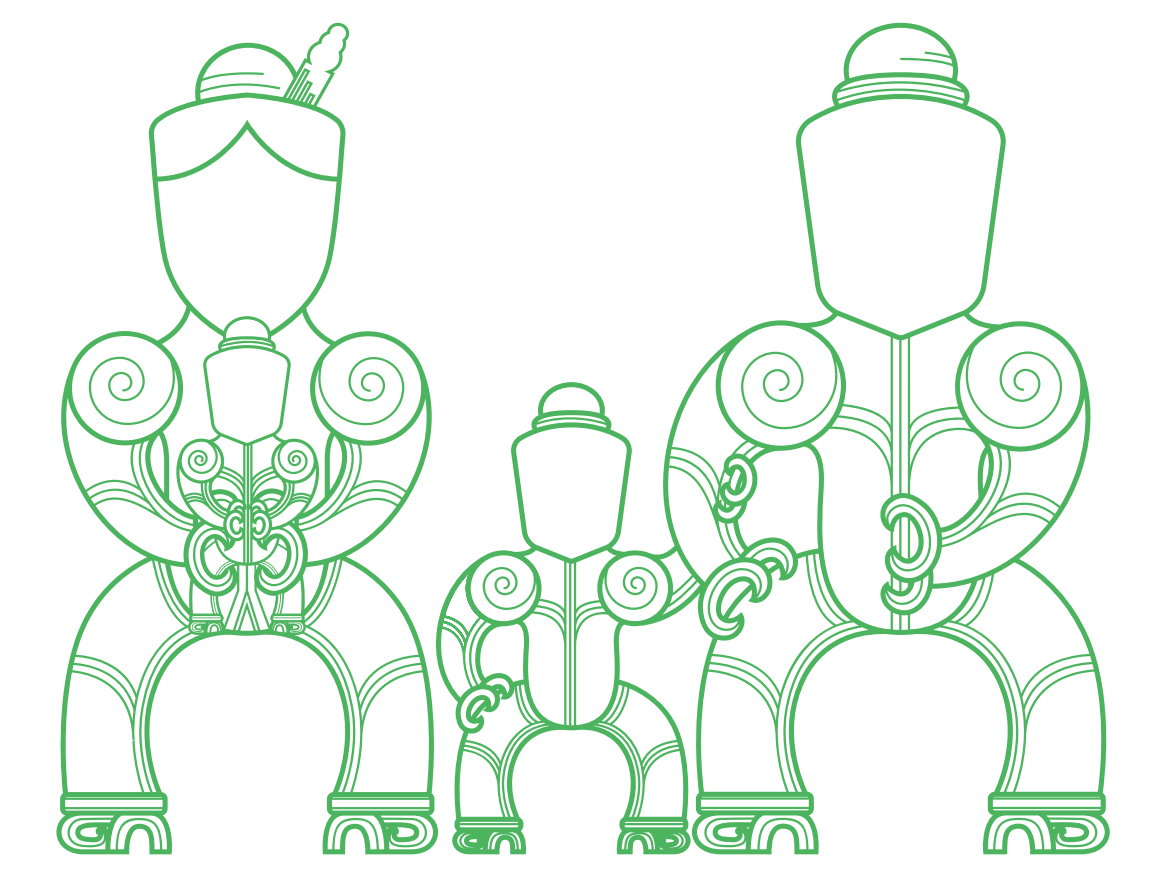
TAHA WAIRUA



TAHA HINENGARO



TAHA TINANA



TAHA WHĀNAU

Tiro Whānui

TAHA WAIRUA

WAIRUA
Pitopito Kōrero

TAHA
HINENGARO

HINENGARO
Pitopito Kōrero

TAHA TINANA

TINANA
Pitopito Kōrero

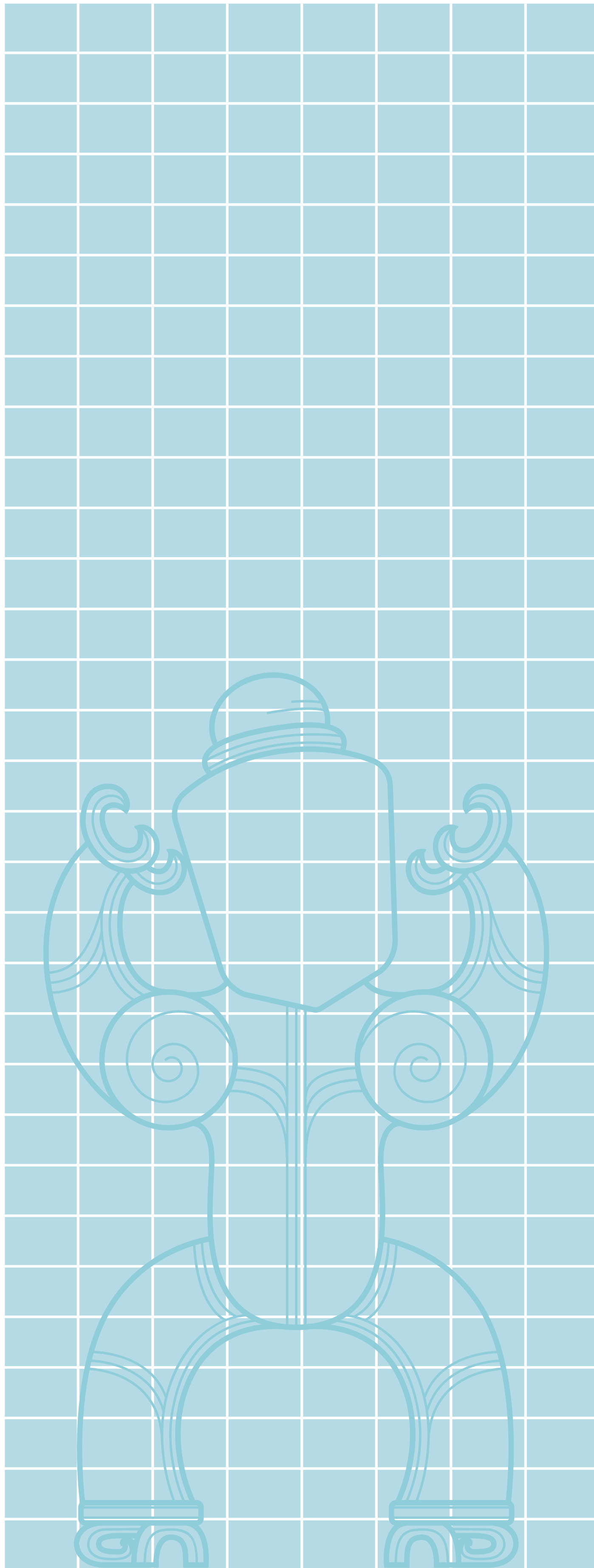
TAHA WHĀNAU

WHĀNAU
Pitopito Kōrero

TAHA WAIRUA

Vertical dotted lines for handwriting practice.

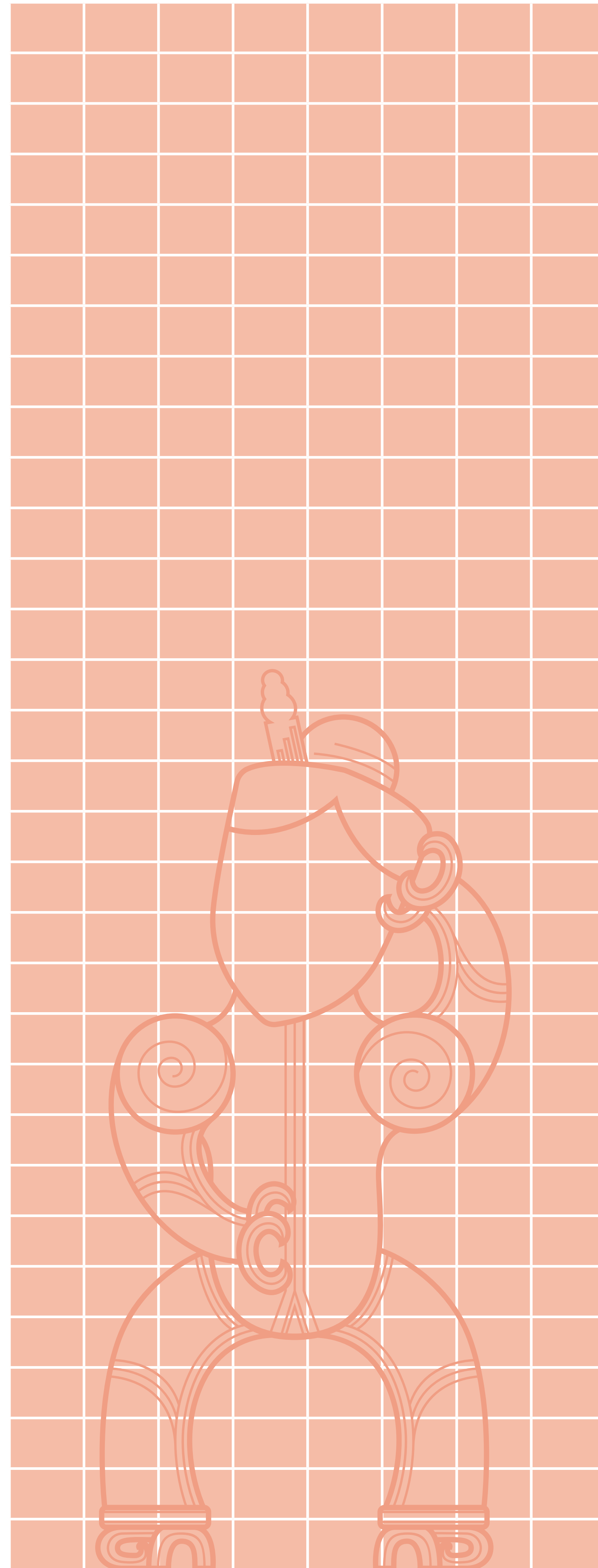
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31



TAHA HINENGARO

Vertical dotted lines for handwriting practice.

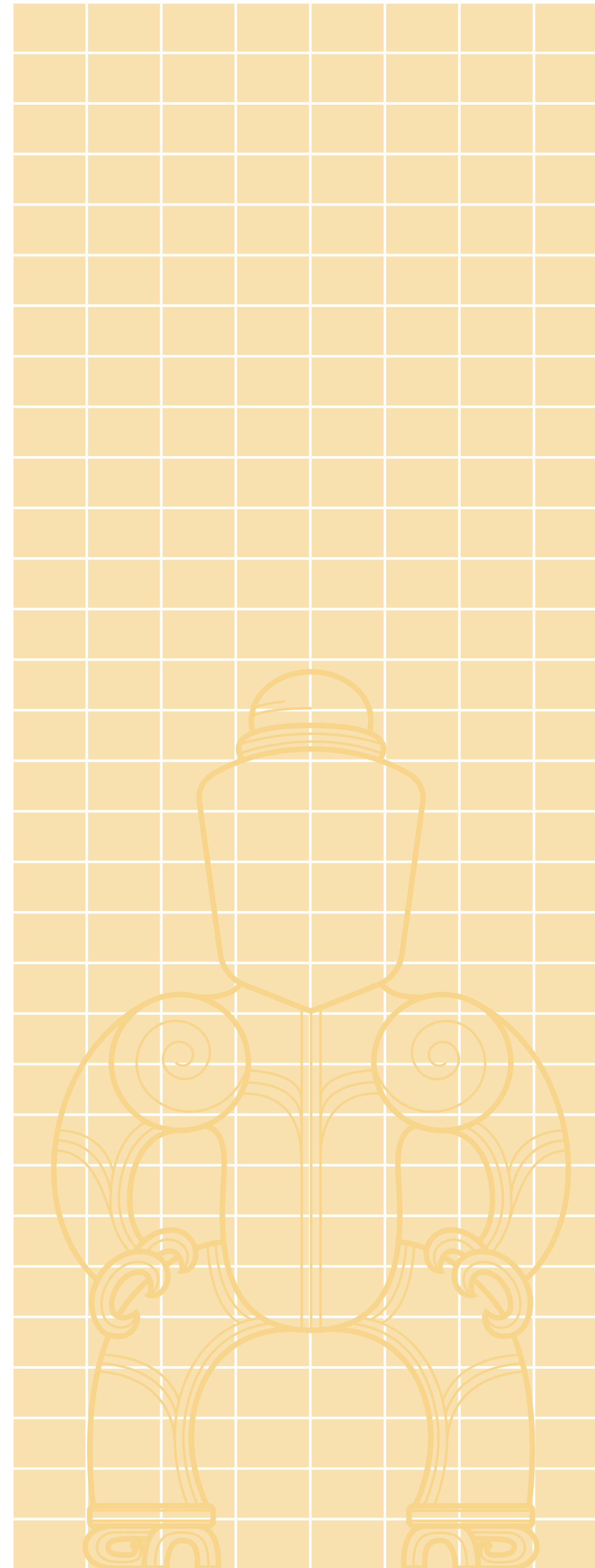
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31



TAHA TINANA

Vertical dotted lines for handwriting practice.

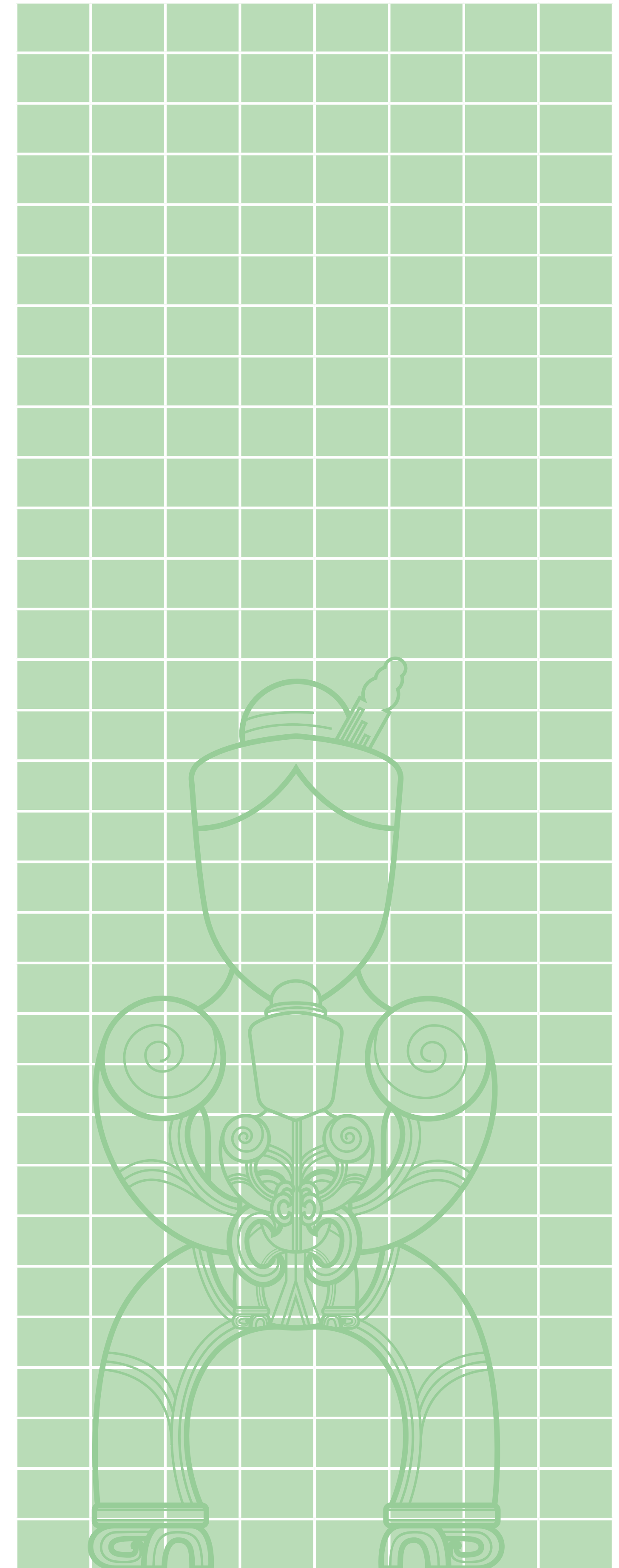
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31



TAHA WHĀNAU

Vertical dotted lines for handwriting practice.

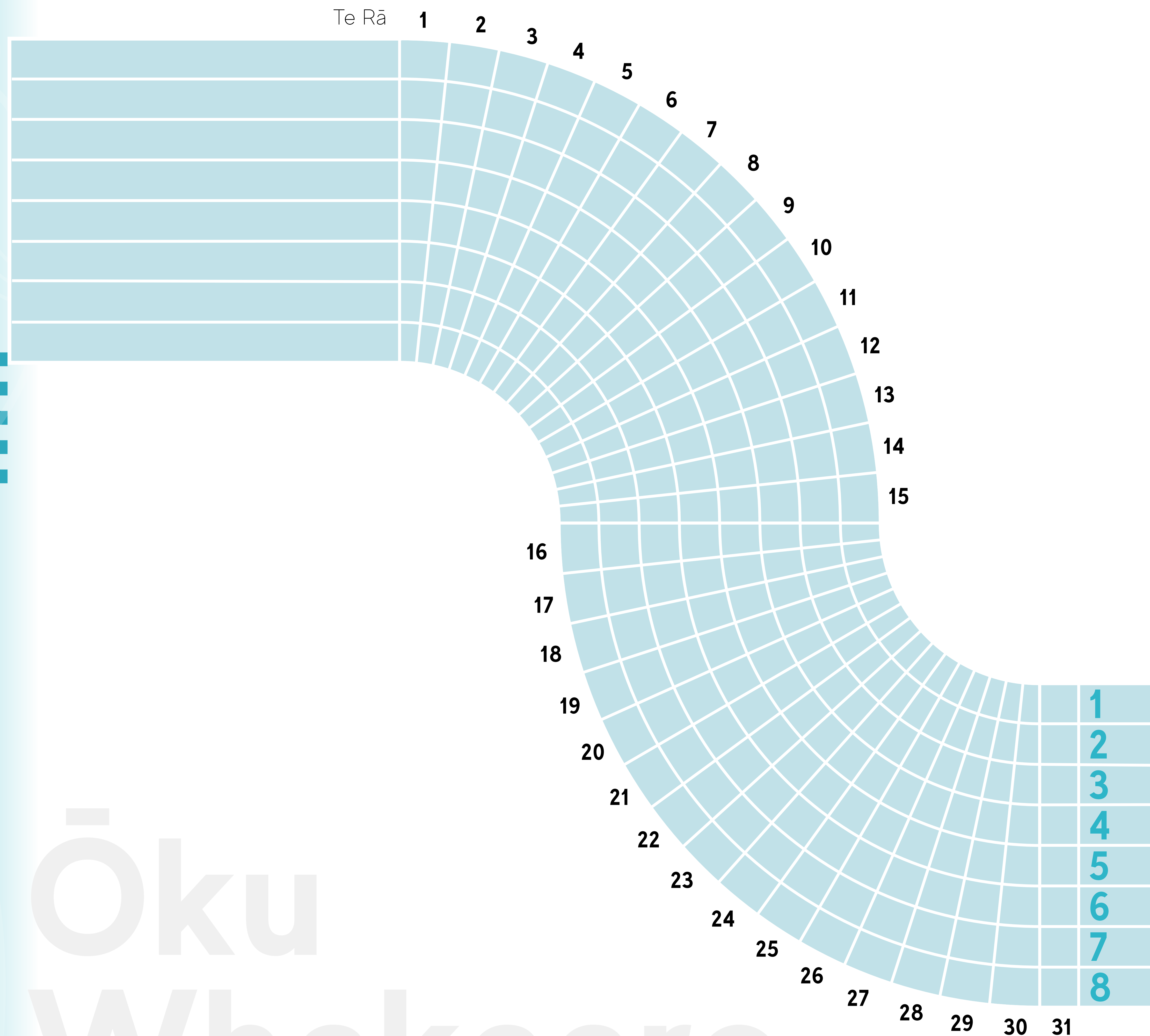
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31



TAHA WAIRUA

TE WHAI RITENGA

Te Marama: _____



Ko te mauri o te tangata ko tōna wairua.

Ōku Whakaaro



Tiro Whānui

TAHA WAIRUA

WAIRUA
Pitopito Kōrero

TAHA HINENGARO

HINENGARO
Pitopito Kōrero

TAHA TINANA

TINANA
Pitopito Kōrero

TAHA WHĀNAU

WHĀNAU
Pitopito Kōrero

TAHA WAIRUA



WHĀNAU
Pitopito Kōrero

TAHA WHĀNAU

TINANA
Pitopito Kōrero

TAHA TINANA

HINENGARO
Pitopito Kōrero

TAHA HINENGARO

WAIRUA
Pitopito Kōrero

TAHA WAIRUA

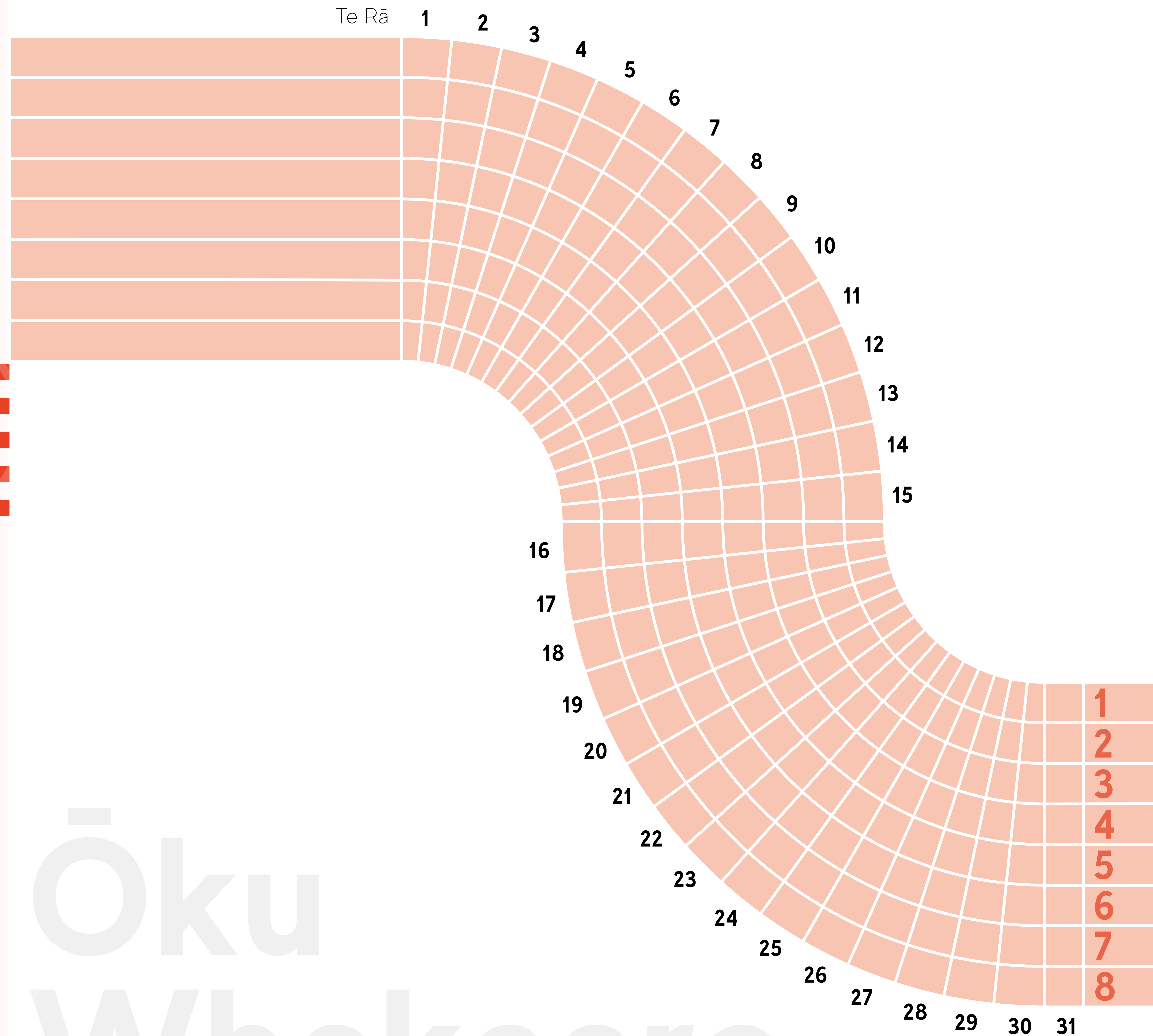
Tiro Whānui

TAHA HINENGARO

Kapohia te rangimārie
o te noho puku.

TE WHAI RITENGA

Te Marama: _____



Ōku Whakaaro



- Tiro Whānui
- TAHA WAIRUA
- WAIRUA
Pitopito Kōrero
- TAHA HINENGARO
- HINENGARO
Pitopito Kōrero
- TAHA TINANA
- TINANA
Pitopito Kōrero
- TAHA WHĀNAU
- WHĀNAU
Pitopito Kōrero

TAHA HINENGARO



WHĀNAU
Pitopito Kōrero

TAHA WHĀNAU

TINANA
Pitopito Kōrero

TAHA TINANA

HINENGARO
Pitopito Kōrero

TAHA HINENGARO

WAIKUA
Pitopito Kōrero

TAHA WAIKUA

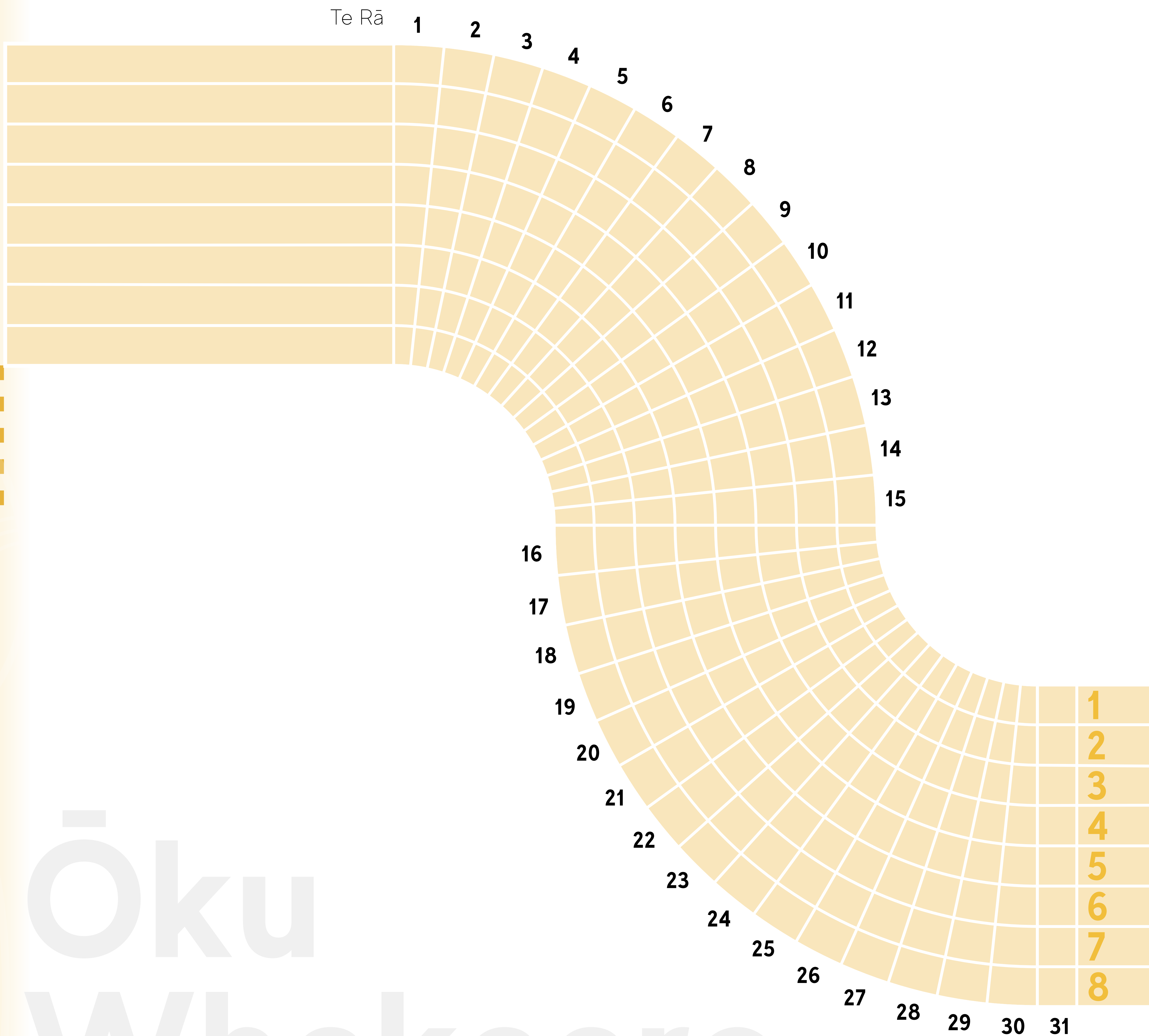
Tiro Whānui

TAHA TINANA

Kotahi anake tō tinana –
tēnā tiakina!!

TE WHAI RITENGA

Te Marama: _____



Ōku Whakaaro



Tiro Whānui

TAHA WAIRUA

WAIRUA
Pitopito Kōrero

TAHA HINENGARO

HINENGARO
Pitopito Kōrero

TAHA TINANA

TINANA
Pitopito Kōrero

TAHA WHĀNAU

WHĀNAU
Pitopito Kōrero

TAHA TINANA



WHĀNAU
Pitopito Kōrero

TAHA WHĀNAU

TINANA
Pitopito Kōrero

TAHA TINANA

HINENGARO
Pitopito Kōrero

TAHA HINENGARO

WAIRUA
Pitopito Kōrero

TAHA WAIRUA

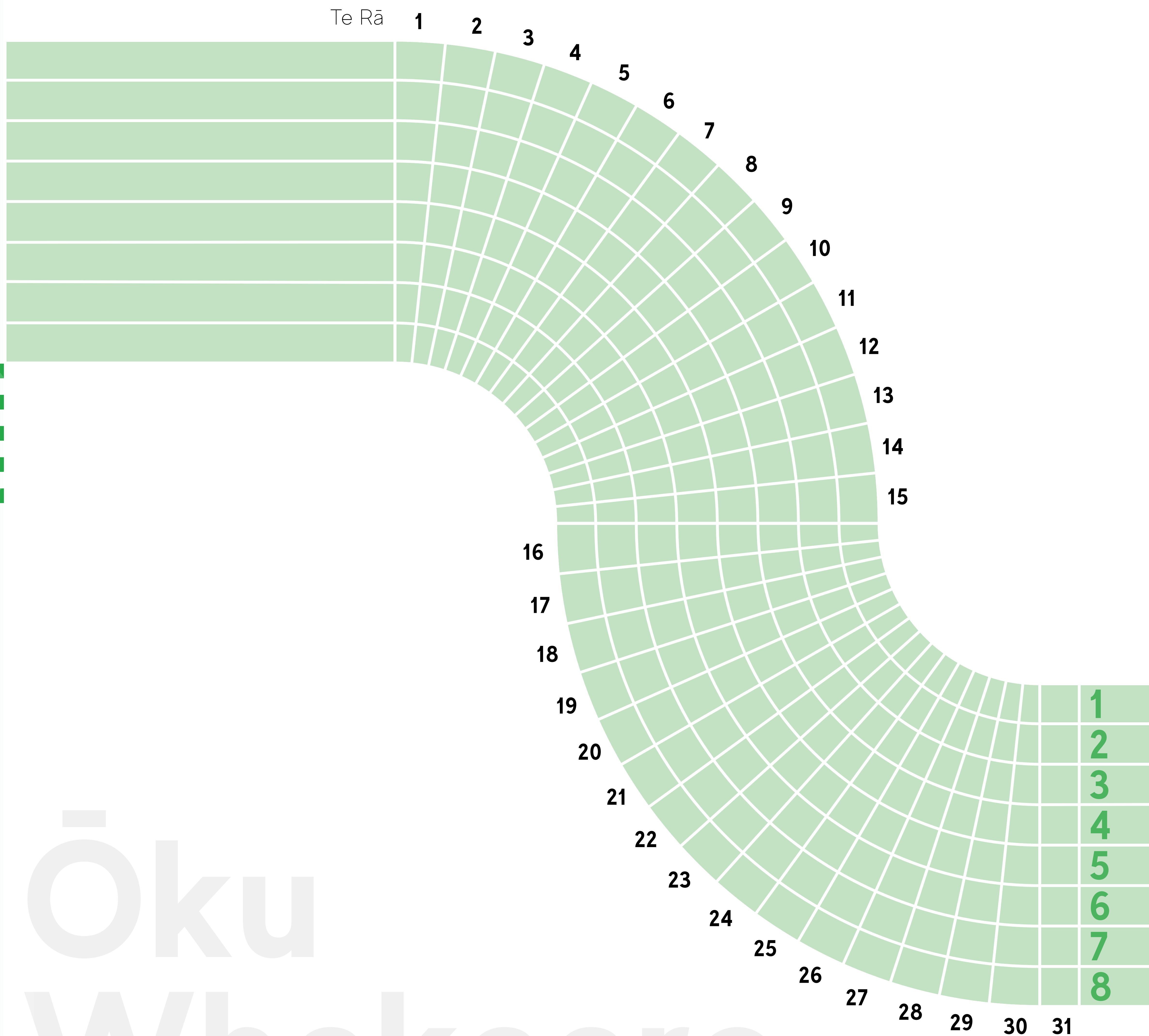
Tiro Whānui

TAHA WHĀNAU

Whānau – te tīmatanga me te mutunga.

TE WHAI RITENGA

Te Marama: _____



Ōku Whakaaro



Tiro Whānui

TAHA WAIRUA

WAIRUA
Pitopito Kōrero

TAHA HINENGARO

HINENGARO
Pitopito Kōrero

TAHA TINANA

TINANA
Pitopito Kōrero

TAHA WHĀNAU

WHĀNAU
Pitopito Kōrero



TAHA WHĀNAU

WHĀNAU
Pitopito Kōrero

TAHA WHĀNAU

TINANA
Pitopito Kōrero

TAHA TINANA

HINENGARO
Pitopito Kōrero

TAHA HINENGARO

WAIRUA
Pitopito Kōrero

TAHA WAIRUA

Tiro Whānui

Ki te anga whakamua me titiro whakamuri

Ōku whakawhetai

Lined writing area for "Ōku whakawhetai".

Ōku whiwhinga me ōku whakanui

Lined writing area for "Ōku whiwhinga me ōku whakanui".

Ngā akoranga me ngā wero

Lined writing area for "Ngā akoranga me ngā wero".

Me tuku? Me mau? Me mutu?

Lined writing area for "Me tuku? Me mau? Me mutu?".

Ki te anga whakamua me...

Lined writing area for "Ki te anga whakamua me...".



He mea waihanga nā

TUHI. ©
STATIONERY
WWW.TUHI.CO.NZ

He mea tautoko nā



UNIVERSITY
of
OTAGO
Te Whare Wānanga o Otāgo
NEW ZEALAND



Te Koronga



Ka mihi hoki ki te tumu hinengaro hauora arā ko te
Mental Health Foundation mō ngā kōrero me ngā tautoko

