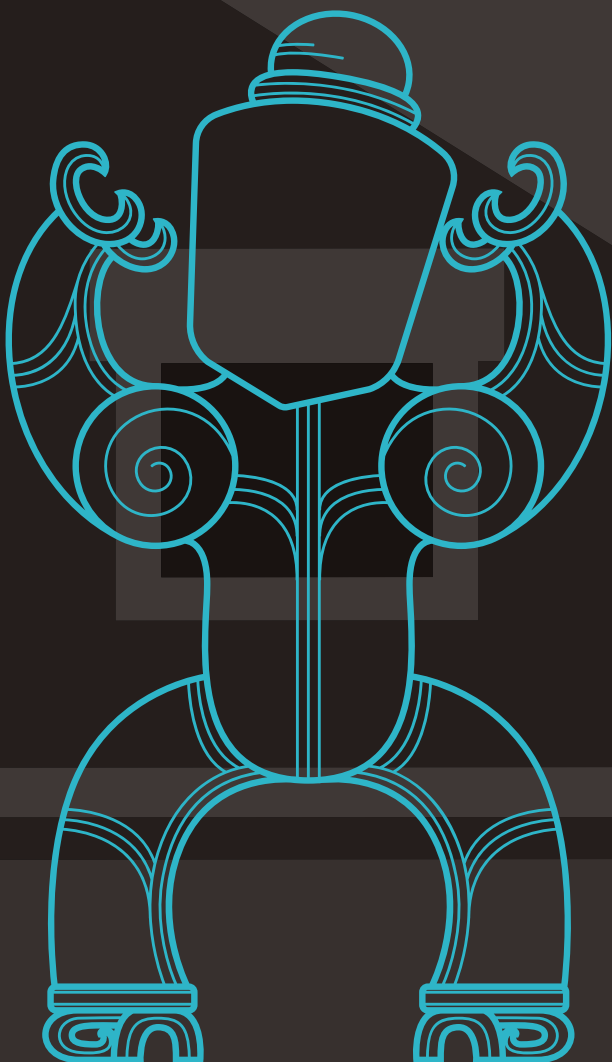


# TE WHARE TAPA WHA



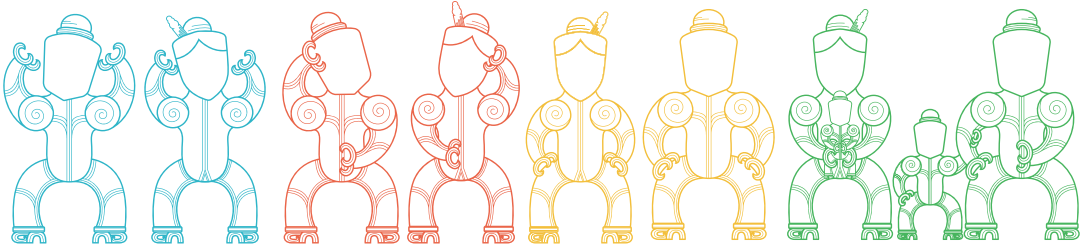


# TE WHARE TAPA WHĀ

Pukapuka Whai Ritenga



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# He Timatanga 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 whakatau 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 Whakatau 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 ō tatou ritenga?

Hei whakahoki kōrero.

Hei āwhina ia tātou ki te kite i ngā taura, 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.**

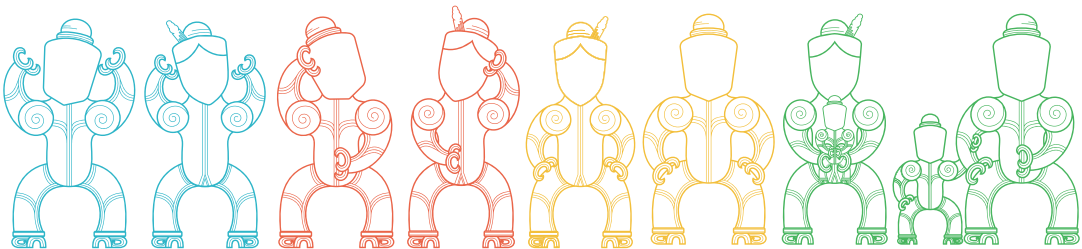
**Mauri Ora!**

## **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*



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

## Hune

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
						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				

## Hūrae

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
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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	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
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## Hepetema

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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## Oketopa

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
			1		3	4
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12	13	14	15	16		18
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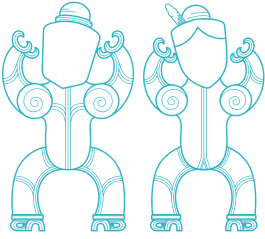
## Noema

Man	Tūr	Wen	Tāi	Par	Hāt	Rāt
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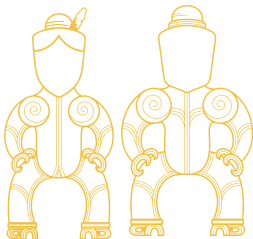
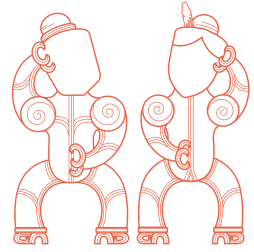
## Tihema

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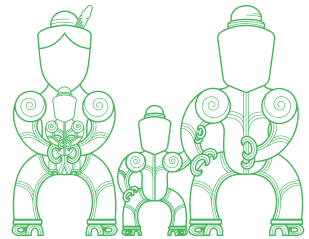
# TAHA WAIRUA



# TAHA HINENGARO



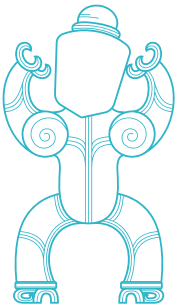
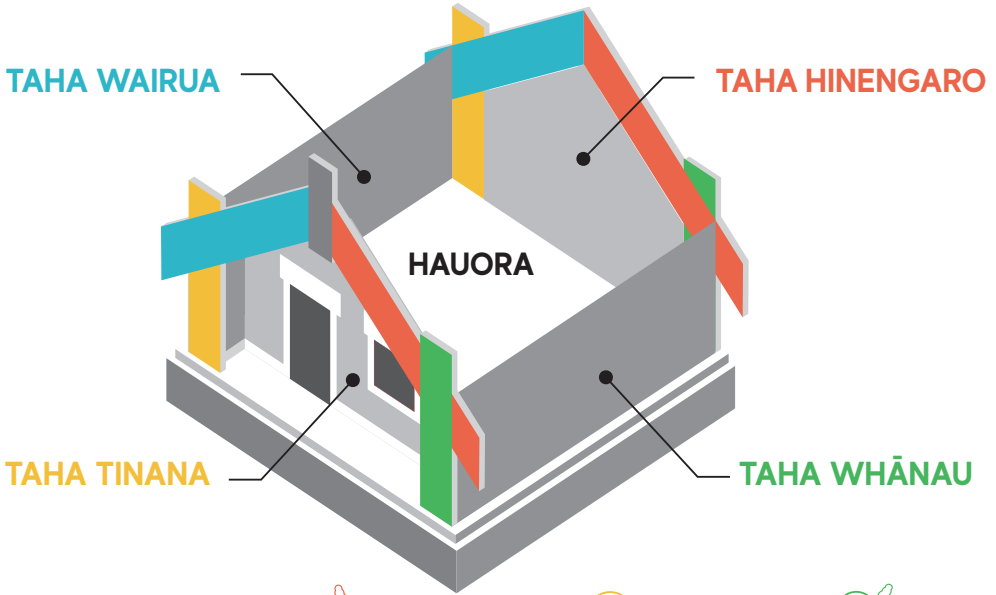
# TAHA TINANA



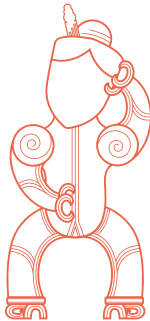
# TAHA WHĀNAU

# TE WHARE TAPA WHĀ

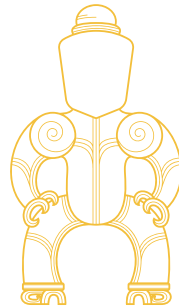
Nā Tā Mason Durie te anga hauora nei a **Te Whare Tapa Whā**. Ko te hanga o **Te Whare Tapa Whā** he wharenui me ōna pakitara e whā. Ka whakaahua ngā pakitara i te taha wairua, te taha hinengaro, te taha tinana, me te taha whānau.



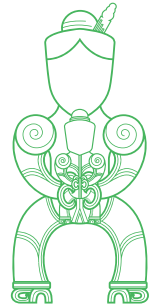
TAHA WAIRUA



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!

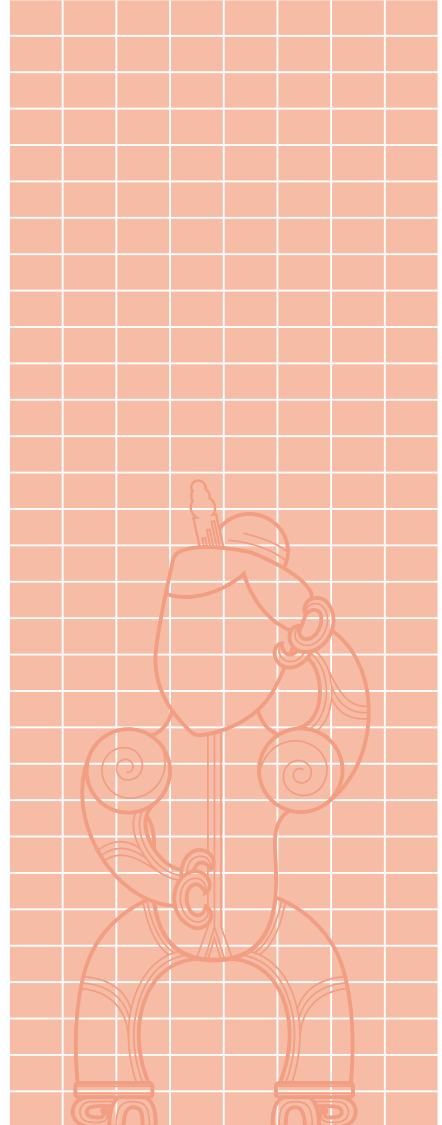
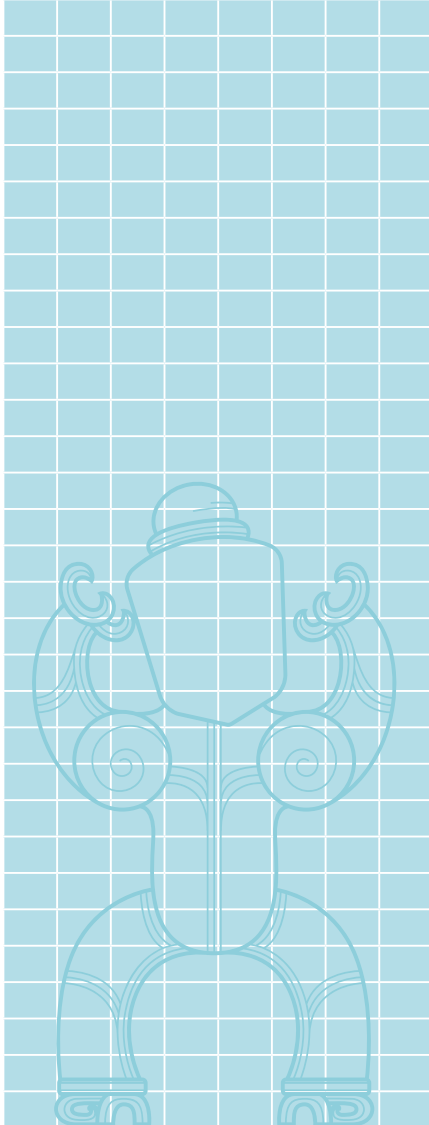
# TAHA WAIRUA



# TAHA HINENGARO



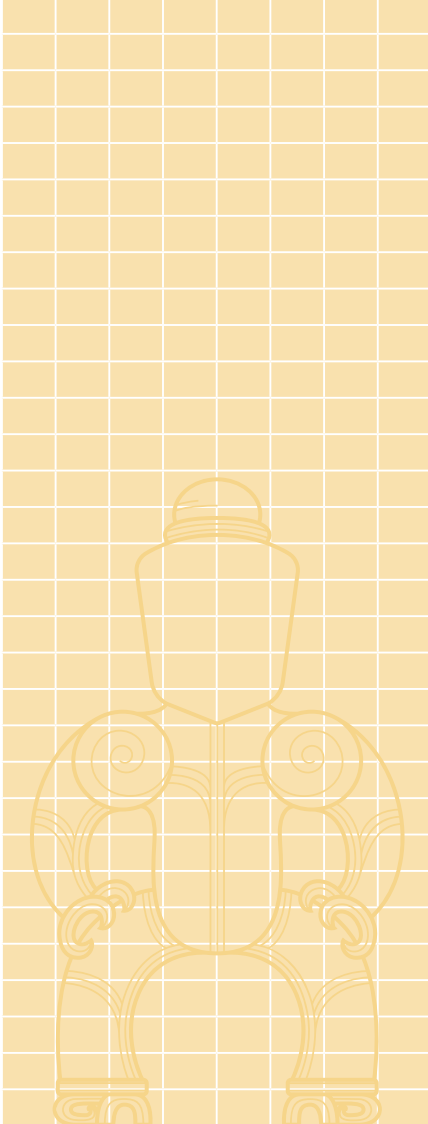
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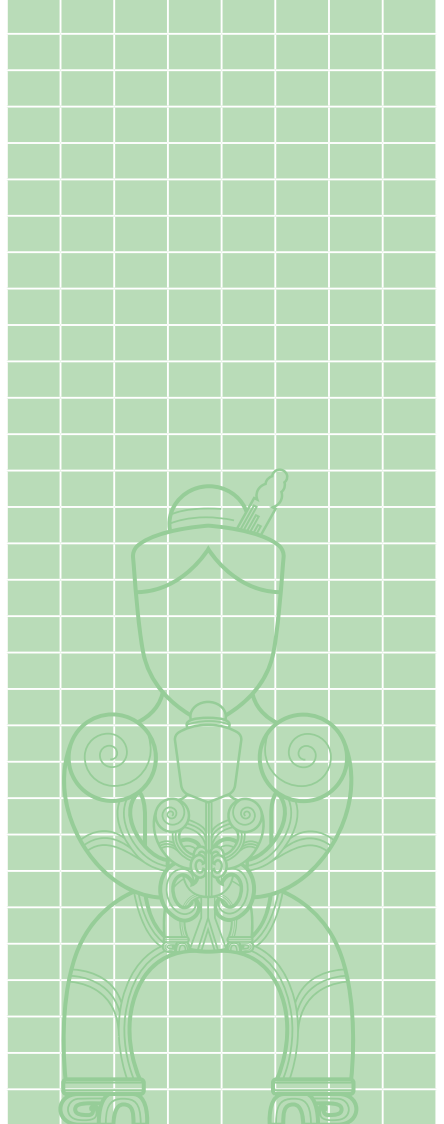
# TAHA TINANA



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# TAHA WHĀNAU





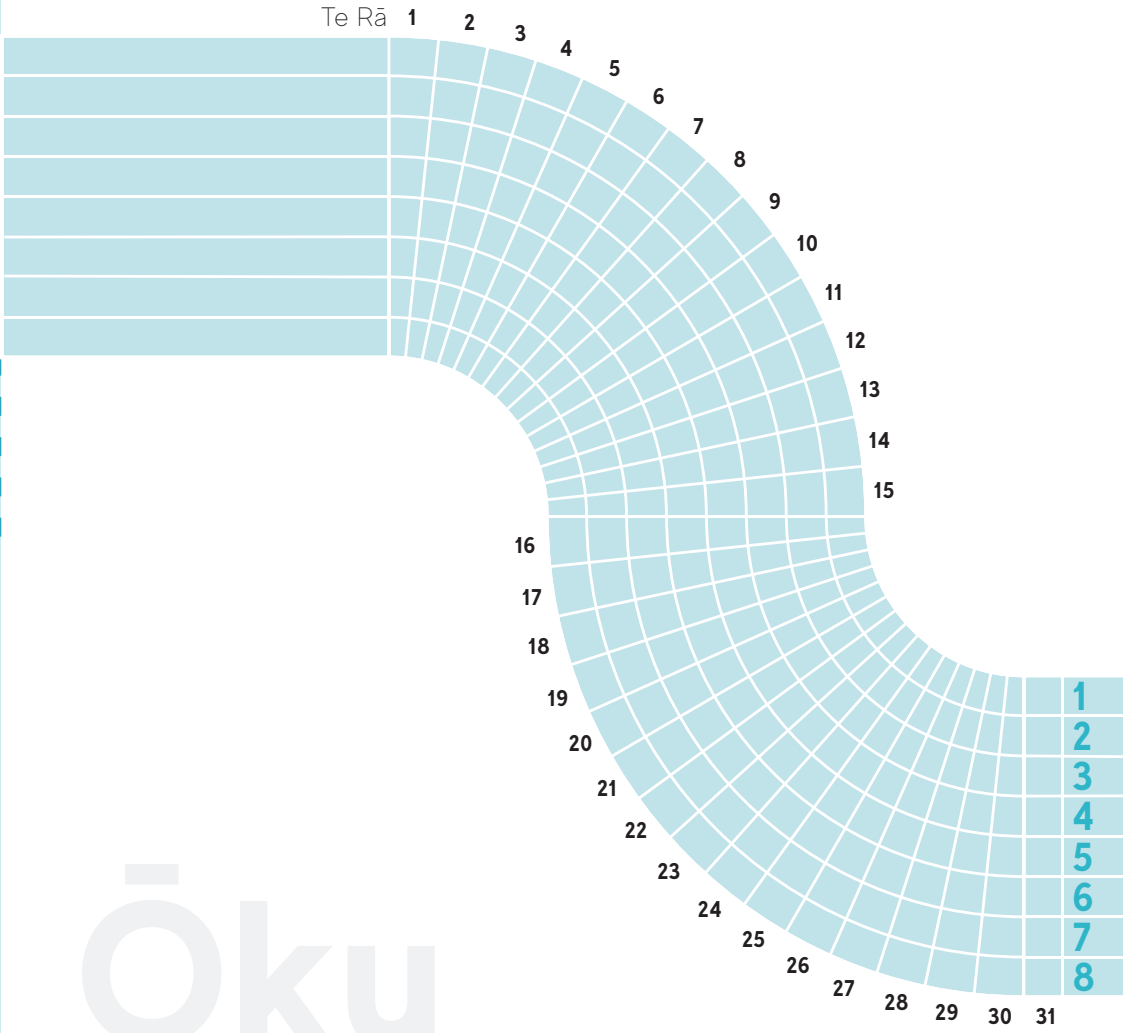
The background is a solid teal color. Overlaid on it is white line art. On the left, there is a stylized Maori figure (haka) with a large, rounded headpiece (pouaka) and a long, vertical staff (taiaha) extending from the head down to the waist. The figure's body is decorated with circular patterns. On the right, there is a stylized rainbow with multiple curved bands. The overall design is clean and modern, with a focus on traditional Maori motifs.

# TAHA WAIRUA

Ko te mauri o te tangata ko tōna wairua.

# TE WHAI RITENGA

Te Marama: .....



Ōku

Whakaaro





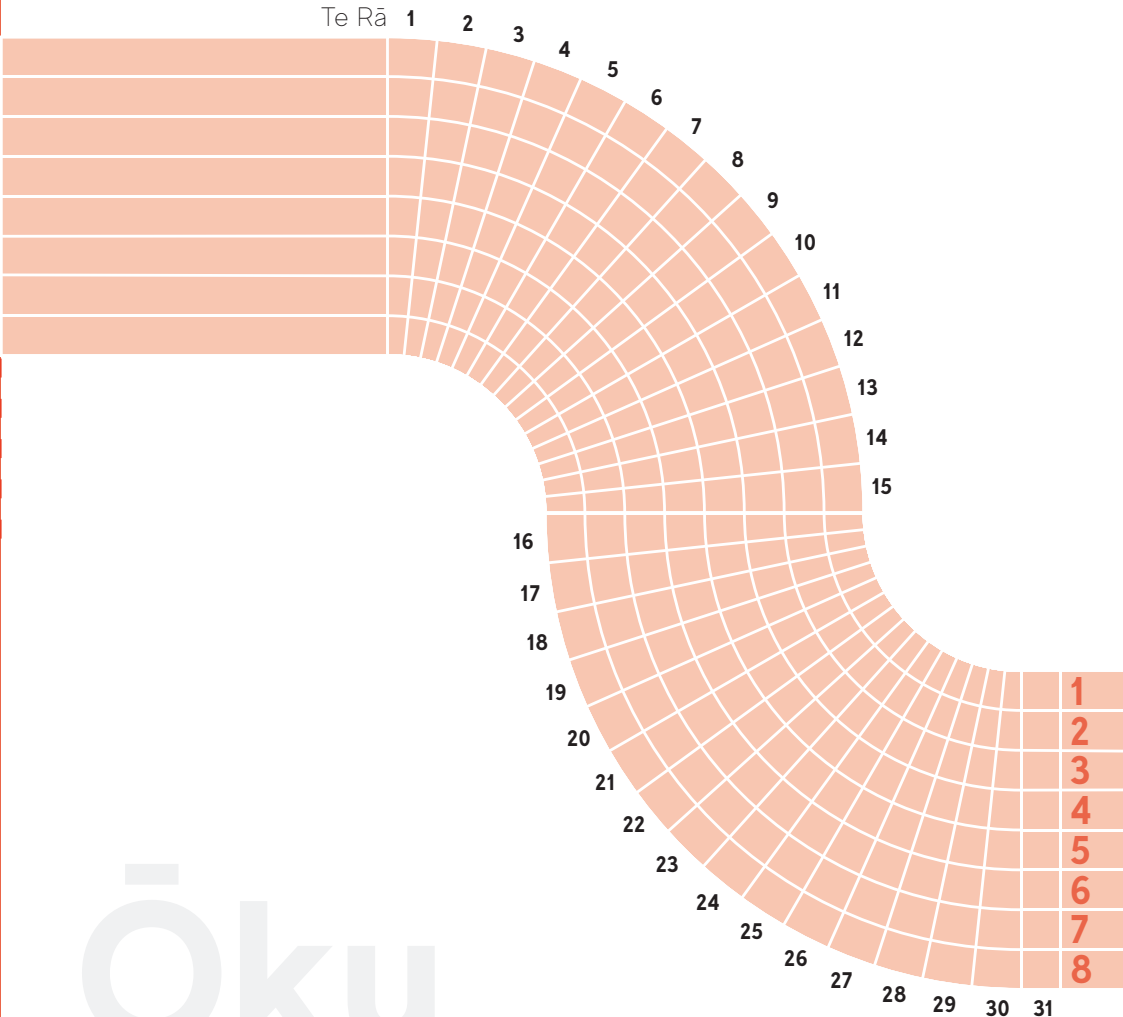
# TAHA HINENGARO

Kapohia te rangimārie o te noho puku.



# TE WHAI RITENGA

Te Marama: .....



Ōku  
Whakaaro

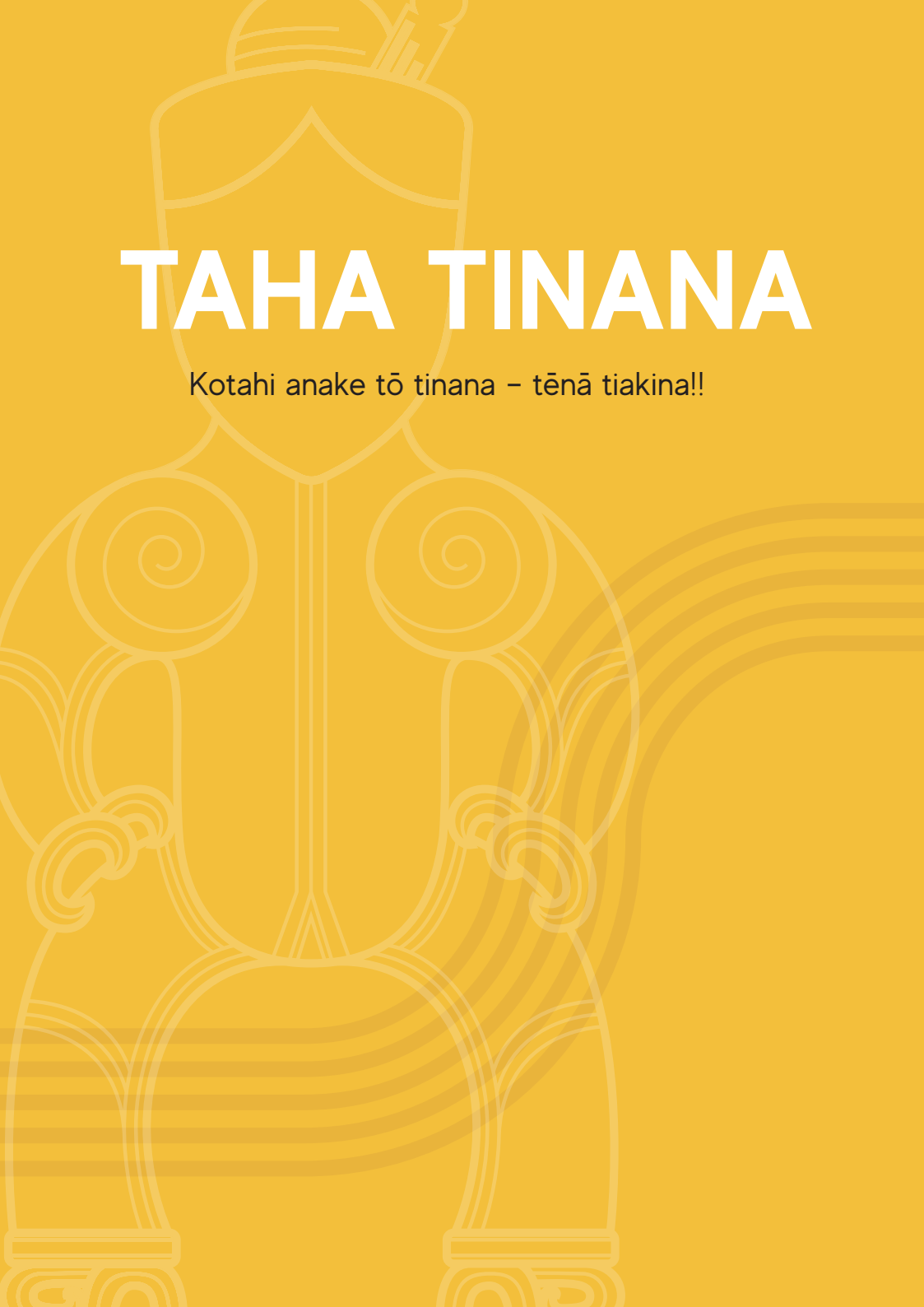






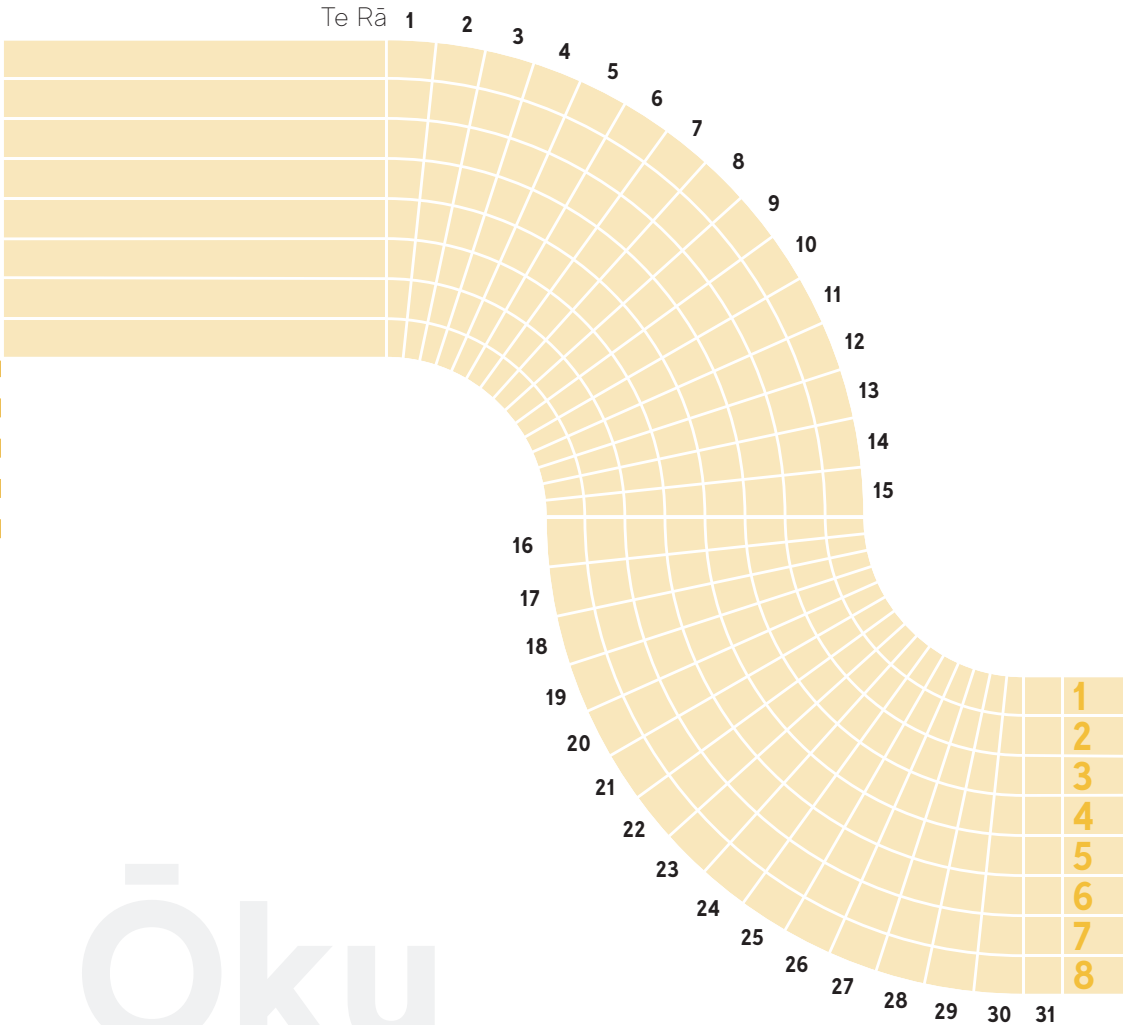
# TAHA TINANA

Kotahi anake tō tinana – tēnā tiakina!!



# TE WHAI RITENGA

Te Marama: .....



Ōku

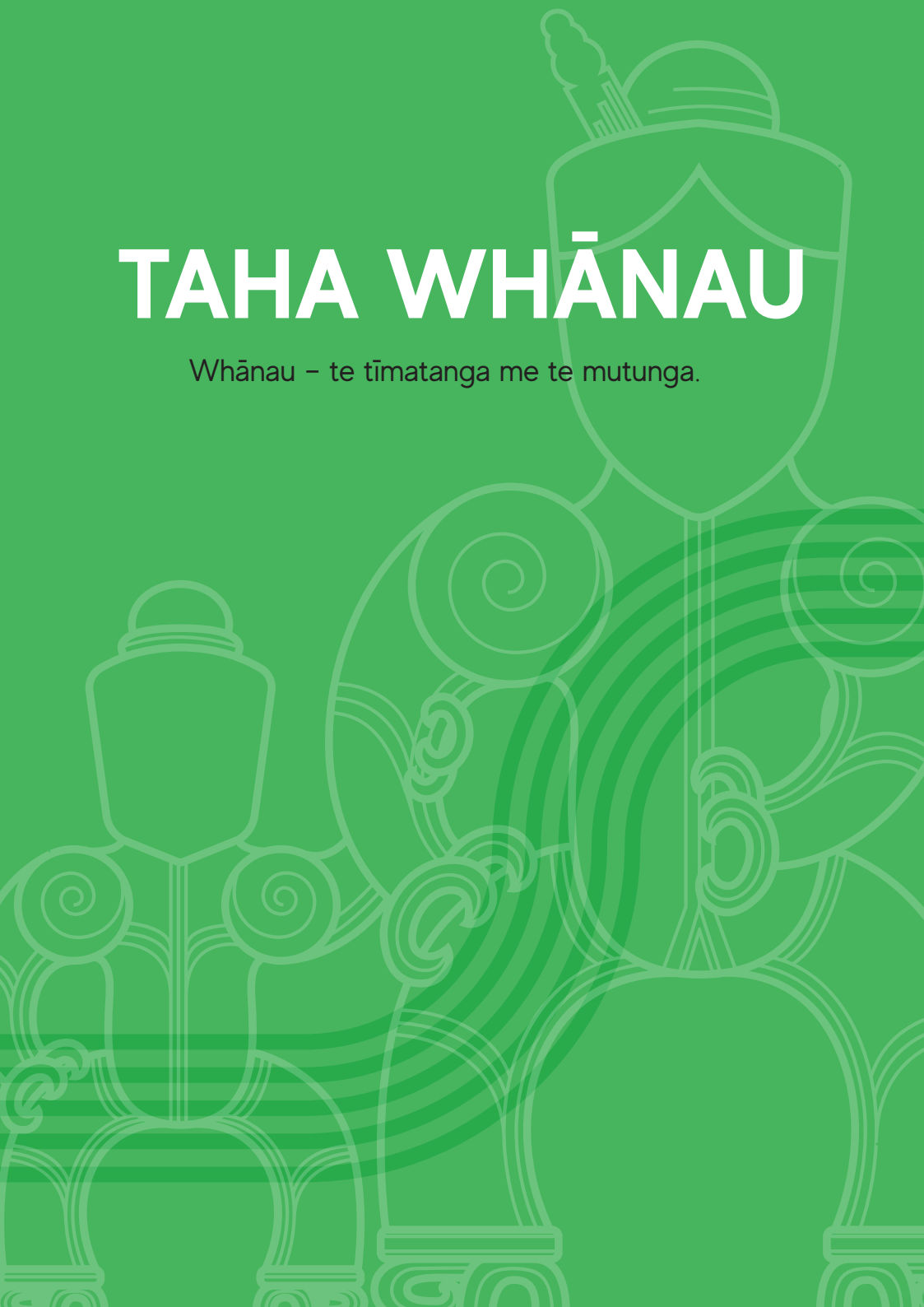
Whakaaro





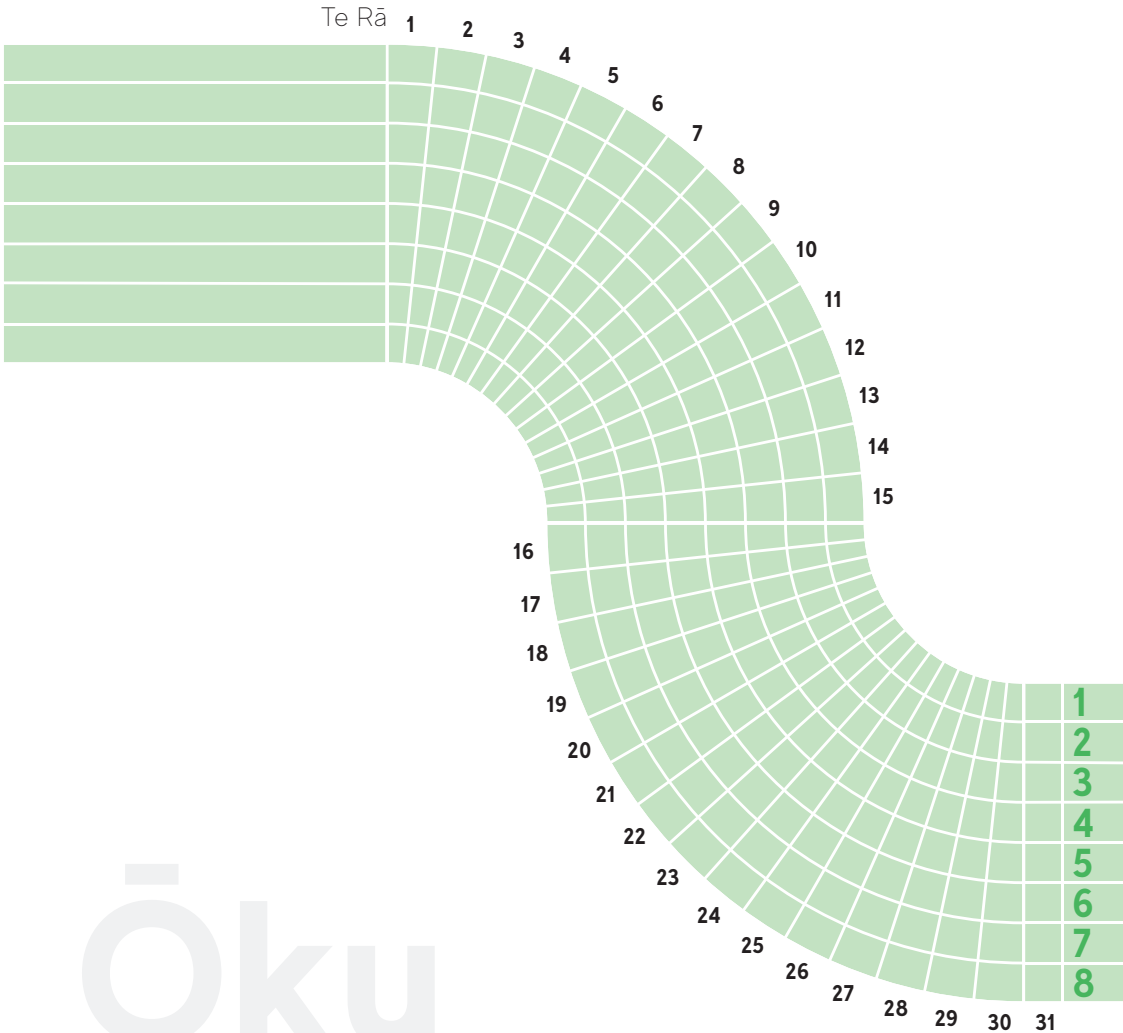
# TAHA WHĀNAU

Whānau – te tīmatanga me te mutunga.



# TE WHAI RITENGA

Te Marama: .....



Ōku

Whakaaro











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NEW ZEALAND



**MINISTRY OF EDUCATION**  
TE TĀHUHU O TE MĀTAURANGA

Acknowledgement to the  
Mental Health Foundation  
for information and support

