



TE WHĀRIKI A TE KŌHANGA REO

PONO KI TE KAUPAPA, PUNA KO TE REO

TINANA

Te mana tinana

- » kei te tinana tōna ake āhua
- » kei te tinana tōna whakaata i tōna kaha

HINENGARO

Te mana hinengaro

- » whakamātautau i te hinengaro ki te rapu i te mōhio e ora ai tōna katoa
- » whakapono ki a ia anō

WAIKURA

Te mana wairua

- » Ko te kora o te wairuatanga o ia tangata
- » he mana ahurei
- » he mauri kei ngā mea katoa

WHATUMANAWA

Te mana whatumanawa

- » i te ngākau o roto, o waho o te tangata
- » ki te whāngaihia ngā whakaaro pai, ka puta te pai
- » ki te whakaaro kino, ka puta te kino

MANA ATUA

- » te wairuatanga me te atuatangā
- » te mana āhua ake / te tū motuhake
- » te whakatipu i te oranga nui

MANA TANGATA

- » he ngākau tuku
- » whakamana kiritau (self-esteem)
- » whakatipu mana whakahaere

Te pakaritanga o te tinana

- Mā te whakakori tinana me te kai pai, ka tū kaha, ka kitea hoki ko:
 - » te tinana ora
 - » te tinana pakari
 - » te tinana hihiko

Te pakaritanga o te hinengaro

- » whakamana i ngā whakaaro pono
- » whakatipu mōhio, pūkenga anō hoki
- » te pukahutanga o te taiao
- » kāore he tuaruatanga o tōu ao
- » koia nei anake!

Te pakaritanga o te wairua

- » te wairua tuku taonga
- » te ngākau manaaki tangata
- » te whakawhanaungatanga

Te pakaritanga o te whatumanawa

- » me aronui ki te harikoa me te katakata
- » unuhia te ngākau pōraruraru
- » ka whakapono ki tēnei mea, ki te 'tangata-rite'

MANA REO

- » kōrero i te reo
- » whakawhititwhiti whakaaro
- » whakatipu mōhio mō te tapu o te reo

Whakatinanatanga whakaaro

- » he maha ngā momo reo
- » he tāhū tō te reo
- » he whakaputanga mana tangata, mana ā-iwi

Te hinengaro reo Māori

- » he ariā nō te hinengaro mō te whakawhiti whakaaro
- » mā tōna tau ki te reo ka rewa te mana o te tangata me te reo

Hononga wairua

- » he wairua kei ngā reo katoa
- » he kurupounamu ngā reo katoa
- » mā te kōrero ka ora te reo

Kōrero ā-whatumanawa

- » whakaatu ā-ngākau i te aroha, i te harikoa, i te pōuri, i te matakū, i te kino
- » mā te reo ka tū māia, ka pai te hauora, ka ora te ngākau

MANA WHENUA

- » tūrangawaewae
- » toiwhenua
- » whakatipu i te ngākau 'mana-motuhake' mō te whenua

Mana ā-tinana

- » ngā taonga ā-iwi
- » te rangahau i ngā mahi tiaki whenua, tiaki tinana anō hoki
- » te whāngai i te toiwhenua

Mana ā-hinengaro

- » te whakaū i ngā kōrero mō tōna toiwhenua
- » te whakaū i tōna kiritau me tōna aroha ki te hau kāinga

Mana ā-wairua

- » kotahi ana te whenua, te iwi me te taiao
- » ko te wairua o te whenua kei roto i te tangata

Aroha ki te whenua

- » ka mārō te hononga ki te tūrangawaewae, mā te waiata, te mahi toi, te mahi pepeha, te haka, te oriori, te mahi whakaari, me ngā kōrero o nehe
- » te take e pakangatia ai te whenua

MANA AOTŪROA

- » mana kimihanga
- » mana rangahau
- » whakatipu mōhiotanga mō te āhua o te tangata, me te āhua o te taiao

Te tinana o te taiao

- » te rapu mōhio mō Papatūānuku, mō te taiao, mō te tangata
- » te mōhio ki ngā rerekētanga o te ao tawhito me te ao hou
- » te rangahau i te nui, i te iti, i te poto, i te roa, me te taumaha

Whakaritenga mō te taiao

- » te hiringa o te mahara ki te rangahau
- » rangahautia te ōritetanga me te rerekētanga o te tangata ki te taiao

Te wairua o te taiao

- » kotahi ana te pūngao o te taiao
- » he pūmanawa kei te kitea i te ao whānui

Te tūhura i te whatumanawa

- » kia mārāma ki ngā kare-ā-roto ka pupū ake i te whatumanawa, pēnei i te aroha me te hākere
- » whakatipu i te ngākau āio me te ngākau mārie, kia 'tangata-rite' hoki te whakaaro



TUAKIRI TANGATA



TE MARAUTANGA O AOTEAROA



KURA ▲ WHAREKURA ▲ WĀNANGA



TE AHO MATUA



*Ko te reo Māori te ōhākī
ā te hunga kua whetūrangitia
e tū rangatira ai ngā uri whakaeke*

