

## Kia Matatū i te Āwhā

**Kia ora, ko Māia tōku ingoa.**

**Tino pai ki a au te haere ki te kura engari, pēnei i te nuinga o ngā tamariki, he pai ki a au ina tūpono mai he rangi whakatā! Engari kore rawa i pai tētahi rangi whakatā inā noa nei, he mea kāore i tūmanakohia...**

Ka huaki a Māia i te kūaha o muri, ka titiro ki waho. E rahi ana, e pōuri ana ngā kapua, kua tata ki te pango te tae o te rangi, ahakoa kei waenganui rā tonu. Ka kite ia i tōna tuahine e puta mai ana i te wharau.

“Hūhana,” ka umere ia, “Ki tōku whakaaro, me hoki mai anō koe ki roto ināianei. Titiro ki te rangi rā.”

Ka hou mai a Hūhana ki roto, ka noho me te titiro ki te matapihi i runga i te pākiki. “Ā, koinā kē tā kōrua mahi ko Pāpā inā noa nei?”

“Āna, i te āwhina au i a Pāpā ki te whakamau i te tēpa tāpiapia ki ngā matapihi kia kore ai e pākarukarutia te karaihe e te āwhā. “Kua huakina hoki e māua ngā matapihi i tērā taha o te whare kāore e anga atu ana ki te hau. Ki a au nei, āhua rerekē tērā i te tuatahi, engari ka whakamārama mai a Pāpā hei whakaiti pēhanga ki te tuanui taua mahi. Tēnā pea ka aukati tēnā i te ngaro haere o tō tātou tuanui.”

“Ko tāua tāua,” tā Hūhana ki. “Kua mauria mai e au ngā taonga ā-whare katoa me ngā takawairore katoa o waho ki roto nei kia kore ai e huri hei pere rere mā te hau.”

I muri i ētahi meneti ruarua ka kaha haere atu te pupuhi a te hau. Ka taitai mai he peka ki te taha o te whare, ka rongo a Māia rāua ko Hūhana i te ngāueue o te whare katoa i ngā rōpū. Āhua kaokao mai te pātōtō a te ua ki te tuanui nā te āinga o te hau.

“Kaua tāua e whakatata ki ngā matapihi, kei pākarukarutia e te hau, ahakoa te nui rawa o te tēpa tāpiapia. Heoi anō, kua katia ngā ārai, nā reira ka āraia atu pea ētahi karaihe rere ki te pākarukarutia.”

I noho a Māia rātou ko Hūhana me tō rāua whānau katoa i roto mō te rā katoa, i te āwhā e tukutuki ana ki te whare i waho. Waimarie he pai a Pāpā ki te kōrero i ngā kōrero whakakata, ā, nā tērā mahi āna i tau o rātou mauri, i aukatia hoki tō rāua tino matakū haere nā te turituri me te koheri.

Ao ake te ata ka whai ake kua mate rawa te hau. Ka whakakāngia e rātou te reo irirangi, ka rongo kōrero e kī ana ko taua āwhā tētahi o ngā mea kaha rawa i ēnei tau kua pahure. Me whakatahi ētahi wāhi o te tāone e Te Rākau Whakamarumarū



nā ngā waipuke me ngā horo whenua.

“Tēnā, nā te mea kua mutu te āwhā, ka āhei kōrua te hoki atu ki te kura i te rā nei,” hei tā rāua whaea.

“Kāo,” ka whakautu a Māia. “I kī mai ngā rongo, kāore māua e whakaaetia ki te haere ki te kura, nā te mea ka tāwēwē pea ngā waea hiko. Nā reira, he rangi whakatā anō ... tēnā pea ka rekareka ki a au tēnei rangi whakatā, nā te mea ko tō tainehi nei he mea whakamataku rawa!”

### Me aha tātou i te tūpono o tētahi āwhā

#### I mua

Ina whakapāhotia tētahi whakatūpatō hau hūkerikeri:

- Whakarongo ki ngā pārongo i te reo irirangi.
- Mauria mai o mōkaikai ki rō whare.
- Tangohia atu ngā mea kei waho tēnā pea ka hurihia hei pere rere e te hau.
- Tēpahia ngā matapihi rarahi kei pākarukaru.
- Katia ngā matapihi katoa.

#### I te tūpono mai

- Me noho i rō whare.
- Katia ngā ārai katoa.
- Kaua e whakapiri ki ngā tatau me ngā matapihi.
- Huakina tētahi matapihi i te taha o te whare kāore te hau e pupuhi ana – mā tēnei te pēhanga ki runga i te tuanui e whakaiti atu.

#### I muri

- Me noho ki roto i te whare me te whakarongo mō ngā pānui ārai mate whawhati tata i te reo irirangi.
- Kaua e whakapiri ki ngā waea hiko tāwēwē, motu rānei, ki te whakatahi whare koe.

# Rawa Whakaora Whawhati Tata

Tiakina kia mōhio koe ki hea kitea ai ēnei rawa ina tūpono mai he mate whawhati tata.

## Te kai me te wai

- He pātara wai (kia toru ngā rita i te itinga rawa ki ia tangata i ia rā)
- He wai hei horoi, hei tao kai
- He kai e kore e pirau (he kai kēne, kai whakamaroke rānei), he huaki kēne
- He toa kapuni, rorerore kapuni rānei hei tao kai

Tirohia, whakahoungia hoki ngā kai me te wai ia 12 marama

## Ētahi atu rawa whawhati tata

- He rama parewai me ētahi pūhiko tāpiri
- He reo irirangi me ētahi pūhiko tāpiri
- He kete whakaora whawhati tata me ngā rongoā waiwai
- He pepa heketua, he pōtete para rahi rānei mō tō whare paku whawhati tata.
- He ārai kanohi, ārai puehu
- He kai mōkaikai
- He paraikete, he pēke moe rānei
- He kākahu parehau, parewai hoki
- He hū pakari mō waho
- He pōtae, he ārai hihirā

Tirohia ngā pūhiko katoa ia 3 marama

## Ngā rawa mā ngā pēpi me ngā tamariki nohinohi

- He kai, he ranunga pepi, he inu
- He kākahu tāpiri, he kope
- He tino takawairore, he tākaro makau rānei

## Ētahi atu rawa

- Ngā taonga whakarongo, taonga kite me ngā pūhiko
- Ngā taonga nekeneke
- Ngā taonga huangō, taonga mate roma hā
- Ngā kai motuhake

Mō ētahi atu pārongo mo ngā mahi me mahi, tirohia: [www.getthru.govt.nz](http://www.getthru.govt.nz) 

