

Māra tauhōkai mō ngā tamariki

KITEA TE TAIAO



Kimihia he wāhi mauritau māu kia kore e tukituki me tōu hoa.

- Tū teitei, tū kaha inā he rākau i te ngahere.
- Whakapiko i tōu tinana kia pā i ōu matiwai me Papatūānuku hoki.
- Whātoro i ōu ringa pērā i ngā whetu o Matariki.
- Kōpikopiko i tō tinana pērā i te pōro inā he marama koe.
- Neke inā ko ngā ngaru o te moana.
- Rērerē inā he pīwakawaka.
- Ngōki haere inā he kiwi.

- Oma whakato i inā he kea.
- Tū teitei, tū kaha inā he rākau i te ngahere.
- Whakapiko i tōu tinana kia pā i ōu matiwai me Papatūānuku hoki.
- Takoto tīraha ki runga o Papatūānuku ka titiro ki a Rangī-nui. Ka mau ki tō puku whai hā ai.

doc.govt.nz/education
#TeachOutsideNZ

Mahinga toi o waho

HANGA KI TE TAIAO



Taputapu mā ngā ākonga:

- **wāhanga huahua:** wāhanga kāri, rapa me tētahi pene rākau.
- **toka taiao toi:** toka iti, peita, pene whītau me ētahi pene.

Huahua i te taiao

- Kawea āu rauemi toi ki waho ka kimihia tētahi wāhi, tētahi mea o te taiao hei tā.
- Tērā pea he rau, he tohu whenua, he ngārara, he putiputi, ā, he atua hoki.
- Whakamātautia te tā i ngā āhua me ngā hanganga rerekē o roto i tōu taiao. Ngā āhua, ngā tae rerekē hoki.

Ngohe Toka taiao toi

- Whakamātautia, tāruatia i tōu mahinga toi ki runga i tētahi toka mā te peita, mā ngā pene whītau rānei.

Ngohe akomanga

Huahua taiao: Hangaia he toirau ā-akomanga o ngā mahinga toi papai rawa o te taiao.

Toka taiao toi: Kawea tōu toha ki te kainga, ka tuku ki tētahi o te whanau. Hunga rānei i tōu toka ki te rohe o te kura hei kimi mā tētahi atu. Ka taea hoki e koe te tā he mahere taonga hei tautoko i āu hoa kura ki te rapua.

doc.govt.nz/education
#TeachOutsideNZ

Kea Māhirahira rapua

TŪHURA I TE TAIAO



Haria tāu kōpaki taonga, me tāu kupu taka.

- Tuhia ngā mea ki tētahi papamā iti, ka kawe ki waho
- Karangahia ngā mea kei runga i te kupu taka
- Tāruaruatia ētahi kupu taka rapua.

Kua rite koe ki te puta ki waho. Me wawe tāu kimi i ngā mea rerekē katoa

- E rima ngā mea kakariki rerekē
- E rima ngā rākau hangakē

Rauemi kaiako:

- rapua kupu taka
- he pouaka, he ipu mō ngā kohikohinga taiao

Taputapu mā ngā ākonga:

- kōpaki rapua/ipu/kuputaka
- pepa/kāri, he rīpene hei hanga i tāu ake

- E rima ngā mea iti ka rorerore, ka takapore
- E rima ngā tapatoru taiao
- E rima ngā tairongo rerekē (otaota, kiri rākau)

Ngohe akomanga

Hangaia he pouaka taonga 'tūhura taiao'. Tīpako i tētahi mea whai paanga ki a koe hei whakapiri ki tāu pouaka. Hei mahinga akomanga tīpako i tētahi taonga, e taea ana te maumahara nōhea taua taonga?

doc.govt.nz/education
#TeachOutsideNZ

Wero ihupukapuka

PĀNUI KI TE TAIAO



Rauemi kaiako:

- tohu wāhi pukapuka
- pane pane/whakapiripiri



Taputapu mā ngā ākonga:

- pukapuka hei pānui
- he tohuwāhi pukapuka taiao

Ia rā, haria tāu pukapuka ki tētahi wāhi papai rawa hei pānui māu. He mahinga takitahi, he mahinga me te Kaiako, tētahi hoa rānei.

Kohia he whakapiri, he waitohu mai tōu Kaiako rānei ia rā ka mutu koe i te **wero ihupukapuka**.

Ngohe akomanga

Kauhautia ki tōu akomanga tāu tino wāhi pānui ki te taiao, ngā tairongo o reirā.

I pēhea ōu kare-a-roto i a koe e pānui ana ki taua wāhi?

doc.govt.nz/education
#TeachOutsideNZ

Mahere tairongo

WHAKARONGO KI TE TAIAO



Putā atu ki waho ka kimi wāhi noho.

- Tāngia he X ki waenganui o te pepa A4. Ko koe tēnā.
- Noho, takoto tiraha rānei ka whakarongo ki ngā oro. (katia hoki ōu whatu).
- Whakamahere i ēnei momo oro ki runga i tū pepa. He aha tāu e rongo ana ki mua, ki muri, ki ngā taha, ki runga hoki?
- Whakamahia he kupu, he momo hanga hei whakaatu i ngā mea kei te rongo koe.

Taputapu mā ngā ākonga:

- pepa A4 me tētahi papa, he pukapuka rānei hei tuara
- pene rākau, pene rākau karakara rānei

Ngohe akomanga

Tohainga me tāu akomanga i tāu mahere tairongo, he aha tāu i rongo ai.

doc.govt.nz/education

#TeachOutsideNZ



Department of
Conservation
Te Papa Atawhai



Healthy Nature
Healthy People

Te Kāwanatanga o Aotearoa

Kairipōata taiao

PŪRONGO O TE TAIAO



Rauemi taurira:

- Kāmera, ipapa, he pukatoa rānei

Papamahi

• Whakaaro / aronga

- He aha tētahi kaupapa o te wā, pūrongo o te wā hei kaupapa tuhi māu?
 - He aha te tūmomo pūrongo, he pūrongo whai whakaaro na tētahi? He pūrongo taiea rānei?
 - Tuhi pūrongo mō tētahi tūāhuatanga taiao
 - Te rā o te ao o tētahi rākau/manu/ngārara,
 - He hīti whai take.

• Uiuinga tāngata, taiao rānei. Kia auaha ngā pātai, i kite, i pā, i rongo aha te rākau?

• Tuhinga hukihuki – me;

- He tuhinga taki (ētahi wā kua tuhia ki ngā momotuhi pākaha)
 - Whakiiia ki te kaupānui ngā tūāhuatanga whai kiko (kōwai, he aha, inahea, kei hea)
- Whakatauāki – nō āu uiuitanga hei whakamārama i te korero/ pūrākau.
 - He korero pono nō te kaiuiui ki a koe)
- Whakarāpopototanga – shei whakakapi i te pūrākau, ka whakatō ake he whakaaro ki te kaupānui.

■ Ūpoko matua (tuaratanga rānei) - hei whakatenatena i te kaupānui e hiahia ana rātau ki te pānui i āu korero.

- Kia poto kia ita, kia hātakehi kia pīkarikari.

■ He pikitia - mahinga toi he nui ōna kōrero

- He tapanga mō te pikitia, he aha taua pikitia?

■ Perehi – me tirohia e ngā kaupānui tāu pūrongo kīhea?

- Kura/nūpepa ā-akomanga? Paetukutuku? Rangitaki?

Toronga whakamua

- He nūpepa ā-akomanga – he aha he īngoa pai mō te nūpepa ā-akomanga?
 - Kohikohia āu tuhinga pūrongo
- Hanga kiriata o tōu akomanga e pūrongo ana.
 - Whākiia āu pūrākau rerekē i te wā kotahi.

doc.govt.nz/education

#TeachOutsideNZ



Department of
Conservation
Te Papa Atawhai

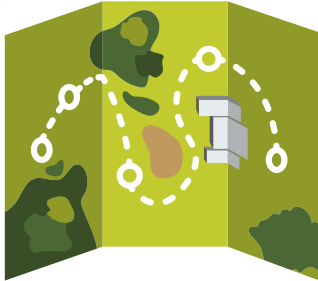


Healthy Nature
Healthy People

Te Kāwanatanga o Aotearoa

Awhe ararau

REIHI TAIAO



Ngohe

He hākinakina pārekareka te awhe ararau, he pūkena pānuī mahere, whakaaro koi kia panuku ai, kia wawe ai te huri i te ara. He pai te awhe ararau e mātirotiro ai ngā ākongā i ngā taiao o te kura. Ka puta hoki ngā āhuatanga whakataetae hoki.

- **Whakarato, hanga rānei he mahere o te taiao o te kura.** Kia mārama te kite i ngā rohe whenua mō tēnei ngohe.
- **Whakarato he rārangi o ngā wāhi hei whakauru awhe ararau e ngā tauria, mā ētahi atu hei kimi.**
 - He rākau motuhake, rākau tāwāhi, he wāhi pai hei noho ki te rā, he wāhi ngū, he wāhi hoihoi, he wāhi e pupuhi ai te hau, he wāhi pai e noho ai ngā ngārara, he rākau ka tūtaki e ngā manu.
- **Haere ki waho ka tūhuratia ngā taiao o waho, he wāhi pai mō te awhe ararau, hei kimikimi mā tētahi.**
 - Ka tohu ngā ākongā ki runga mahere kihea tū ai te mana whakahaere.
 - Ka tuhia hoki he kupu hunga ki te kore he mana whakahaere.
- **Mā te kaiako ngā mahere e tohu** (ka whai wā ki te tūhura i ngā ara) kia maheretia.
 - E taea te whakatutuki i ngā ara, takitahi, takirua, takimaha rānei.
 - Whakawehewehetia ngā wā a ia roopu, mā te wā e whakakipakipa.
 - Whakawehewehe i ngā wāhi e timata ai ia roopu kia kore e tukituki.

Me whai rauemi:

- **Mahere ā-kura** (hangaia tētahi hei ngohe rerekē)
- **Mana whakahaere awhe ararau** (hangaia rānei i ētahi)

Toronga whakamua

Mā ngā tauria e hanga mahere o te kura me;

- Whakauru i ngā tohu whenua ki te mahere, e whai paanga ana, e tika ana te mahere.
 - Rākau nui, hēte, taiapa, papa tākaro, tūru, māra hoki.
 - Kāwaitia ngā tohu whenua mē ētahi tohu, ka tāpirihia he tūtohi tohu ki te mahere hei tautuoko.

Hangaia he awhe ararau mā tōu akomanga me ngā mana whakahaere.

Ko ngā tūmomo awhe ararau tukuiho hei haki tapawhā, kua haurokiahia te haki ki ngā tae karaka me te mā. Mō tēnei ngohe he;

- Haki papanga, kāri, kōhatu kua peitatia. Taputapu rerekē rānei hei kimi.
- Tuhia he nama ki ia mana whakahaere kia pono ai ngā tauria i tika te kimi i te wāhi o taua mana whakahaere.

Ine i te tawhiti/wā

- Whakatau tata i te tawhiti, whakamahia he taputapu ine e kite ai te tawhiti o ia mana whakahaere.
 - O ngā tauria o tōu akomanga i a wai te ara roa? Te ara poto? Toki, waenganui rānei?
 - He aha te wā tere rawa, āhua tere anō hoki?

Rauemi kē atu

Kiriata poto – Tekau ngā huanga awhe ararau

<https://www.orienteering.org.nz/resources/schools-resources/>

doc.govt.nz/education
#TeachOutsideNZ



Department of
Conservation
Te Papa Atawhai



Healthy Nature
Healthy People

Te Kāwanatanga o Aotearoa

Tūhono ki nga rākau



Kāri
Ngohe
Taiao

He mahi e aro ake ki a Tāne te atua o te ngahere, anō nei ngā rākau

He rākau nō wai? he rākau nā Tāne. Tāne te wainui,
Tāne te wairoa, Tāne te waiora.



TŪHONO KI A TĀNE



- Rākau whakaaro – kimihia he rākau hei whirinaki atu.
- Katia o karu. He aha tāu i rongō ai.
- Tūwhera i o karu. He aha tāu i kite ai.



- Ka kitea e koe he rau/kākano/kiri rākau/huarākau?
- He aha ngā mea ora ngā hua o runga i te rākau, o raro i te rākau?



- E pēhea ana te rākau, tōna pā, tōna kakara, tōna āhua?
- Neke pērā i te rākau i ā Tāwhiri e pupuhi ana i te ngahuru, i te kōanga, i te ua.

Tuhia, tāngia āu kitenga. Whakaīngoatia tāu rākau, ka tuhi kōrero mai.

1 Rākau rotarota. He pai te noho rākau kia rere ai te auahatanga. Noho, tū, takoto ki te rākau ka tuhi, whakatauki, rotarota rānei.

2 Whakamahia he taitapa, he karāhe whakaniko e aro ai ki tētahi wāhanga o te rākau. (Te kiri, te otaota ka tipu mai i te rākau, ngā rau, te rā e whiti ana ki ngā peka, ngā ātārangi o ngā peka ki e whenua hoki).



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Kia pūmau ake ki te rākau

- *Mātakitaki i tāu rākau i ngā wā rerekē o te rā.*
- *Ka kitea he āhuatanga rerekē i roto i ngā rā, ngā wiki me ngā marama?*
- *Hoki atu ki taua rākau ka tirohia i ngā āhuatanga rerekē. (te tae o ngā rau, ngā rau e taka ana hoki).*

Ngā Toi

- Create tree shadow art - on a hangaia he rākau ātārangi, i tētahi rā e kaha whiti ai a Tamanui.
- Whakatakotohia he pepa rōroa hei tā i te ātārangi o te rākau. Mirimirihia ngā kirirākau ki tāu mahinga toi.

Tikanga-ā-iwi

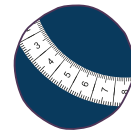
- Toro atu ki ōu mātāpono ōu tikanga mō ngā rākau. He rākau rangatira ana ki a koe me tōu whanau? He aha ai? Whaiaro ki āu whēako mō te rākau, (te pikipiki, te noho ka kai, te tākaro me ngā rau, te kohikohi kai hoki).

Reo

- Mēnā i kōrero tāu rākau, he aha āna kōrero? Whai whakaaro mō ngā kaupapa kōrero o tēnei rākau, he aha tāna i kite ai, i rongoi ai. He aha ngā hītori o te kura i kitea pea e tēnei rākau, he tipua. Inā ko tō tīpuna tēnei rākau he aha ōna kōrero ki a ko?
- Tūhia he pūrākau, he korero paki mō tētahi rā o te ao o te rākau.
- Pānui i tēnei; Whakarongo ki ō Tūpuna.

Hauora

- He mahi takirua tēnei māu me tōu hou. Whakamahia ō kōrua tinana hei hanga i te atārangi o tētahi rākau. Mā tētahi e tā i te āhua o tōu rākau mā te tā i tāu atārangi ki te raima. Ako i; Tree Climbing Extraordinaires.
- Ko tēhea ngā rākau pai hei pikipiki. Whakangungu i te piki rākau, anō nei whakaarohia ngā mōreareatanga.



Pangarau

- Ina i te porohitatanga o tāu rākau.
- Whakatautata i te teitei o tāu rākau, he aha te waeinu pai mō tēnei?

Pūtaiao

- Tāngia, whakaīngoatia ētahi wāhanga o tāu rākau.
- Tuhia ngā rākau a ngā tauira o tōu akomanga.
- Wherawherahia ki ngā wāhanga, rākau taketake, mate taupori, momo whakauru.
- Whai whakaaro ki te hanga rerekē o tāu rākau i ngā wāhanga o te tau rerekē.
- Hangaia he papatūhonohono ā-kai, mahere kai mo tāu rākau.

Hangarau



- Whai whakaaro ki ngā tūmomo hangarau mamati hei tautoko i tāu mātirotiro rākau.
- Hangaia he pepa mai ngā takahanga rākau, ka tuhi rotarota.
- Tākaro i tēnei kēmu; (in the DOC Experiencing native trees resource, page 20-21).

FIVE WAYS TO WELLBEING



Hangaia he kete tūhono taiao



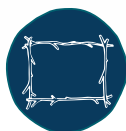
Kāri
Ngohe
Taiao

'Tūhono ki te taiao, e tau ai te mauri, e ora ai te mauri'

Anei ngā taputapu hei tautoko i ngā akoranga o ngā kāri mahi.
Hangaia ēnei taputapu me āu ākoanga hei rauemi tautoko
i ngā akoranga i te taiao.



TAITAPA TAIAO



Mā te taitapa taiao e arotahi ai. E māmā ai te āta tiro tiro i ngā mea katoa.



- 1 Hangaia he taitapa taiao mā tāu akomanga mā ngā;
 - Pouaka, kāri, pepa hangarua.
 - Wūru, taura rānei.
 - Taputapu o te taiao (he harakeke, he rākau).
 - Taitapa tawhito (ka whakarākei ake).
 - Āu matimati hei hanga 'taitapa matimati'.
- 2 Haria āu taitapa ki waho ka taitapa i te taiao;
 - Ka taea te hangaia he taitapa 1m x 1m ki runga i te papa mā te tauira, ka noho ā-rōpu.
- 3 Whakamahia hoki ngā taitapa hei taitapa mō āu mahinga toi, whakaahua o ngā whēako o te rā. He pai ēnei hei whakairi ki ngā pakitara o te akomanga, hei taonga ki te whanau hoki.



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

POUAKA KAIMANAWA

Kohikohi he taonga i a koe e mātiro tiro ana i te taiao.

Hangaia he pouaka kaimanawa.



- Whakamahia he pouaka hū tawhito, he pāhi pepa, he ipu rānei. Ka whakarākei mā ētahi toi, rau hoki. Whakapiri mā te pia me te whakapiripiri.
- Hangaia he kōeko mā te pepa.
- Hangaia he pouaka mā te pōkaikai pepa.
- Noho tahi me ngā tohunga raranga ki te whatu me te raranga kete.

HANGAIA HE PUKAPUKA TAIAO



He kohinga pukapuka taiao hei rauemi tautoko i ngā tirohanga o te taiao, e arotahi ai, e noho tau ai ngā kohikohinga.

Ngā taputapu

- He kāri pepa (tīkina he pouaka hangarua mai i ngā toa hokomaha) tapahia kia nui ake i te A4 pepa te rahi.
- Whakamahia he pepa A4, he rerekē ngā tae, rānei he pepa kua hangaruatia e te kura.
- Whakamahia he taura rapa, he taura, he rīpene, he miro, he nīra hei tuitui, hei herehere i āu whārangi.
- He kōpaki A5, hangaia mā tētahi pepa A4.
- He tēpara hei whakapiripiri i ngā whārangi.
- He pene, he penerākau, he pene whītau hoki.

Gangaia tāu pukapuka

- 1 Pōkai i ngā kāri me ngā whārangi A4 kia haurua, e puta ai he pukapuka.
- 2 Mā te taura rapa, te taura, mā te tuitui rānei e tūhono.
- 3 Mā te tēpara, mā te pia rānei hei hono i te kōpaki ki te uhi o-roto hei pūkoro mō ngā pene me ētahi atu taputapu.
- 4 Whakarākeitia.

FIVE WAYS TO WELLBEING



Konei, konā, kora



Kāri
Ngohe
Taiao

**Ko Ranginui e tū iho nei, Ko Papatuānuku e takoto nei.
Ko ngā hau ora o Tāwhirimātea e pupuhi nei.
Haumie Hui e ... Taiki e.**



*Toro atu ki waho, mā ōu pūkenga rongō e mahere ai koe i tāu taiao.
I a mātau e mātirotiro ana, whai wā ki a Ranginui, whai wā anō hoki ki a Papatuānuku.
Whai wā ki ngā hau kāwatawata a Tāwhirimātea.*

KORIKORI KA MAHERE O WAHO



- Tāngia he ira ki wainganui i tētahi whārangi. Ko koe tēnā e noho nei.
- Tāngia kia toru ngā porohita pūrite e huriana i taua ira. Kātahi ka whakaīngoatia aua porohita, konei, konā, korā.



- Aro ki tētahi o āu tairongo. Te rongō-ā-taringa (whakarongo), te rongō-ā-ihu (kakara), me te rongō-ā-kite (titiro).

Putā atu ki waho ka tirohia he wāhi pai hei noho, hei tū rānei



- Whakangungutia he whakataunga wairua, kia tau ai te mauri o ngā tamariki ki te whenua.
- Aro ki te tūmomo rongō i whiria e rātau, kātahi ka tomo atu kia aro ki ngā mea i 'konei'.
- Tuhia / tāngia ngā mea ka kitea/ rangona/ rongō kakara ki te porohita tuatahi.
- Inaianei whaia te huarahi anō – heoi ki te porohita tuarua 'konā' kātahi ki te porohita o 'korā'.
- Kaute i āu tapuwae e tae ai ki 'konā' ka oma atu ki te tīmatanga.



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Ngā Toi

- He aha tāu i rongō ai i waho? Whakamahia he pūoro, he taputapu o te taiao rānei e puta ai ngā oro o tāu i rongō ai.
- Titongia he waiata ā-puoro, ā-reowaiata rānei hei whakamārama i te taiao.
- Whakangahau ki tāu akomanga, ki tāu whanau, ki ōu hoa hoki.

Hauora

- Korikori haere me tētahi kēmu <https://sparklers.org.nz/activities/how-am-i-doing/>
- Ēhea ngā hītoki, mawhiti, peke rānei e tae ai koe ki tāu wāhi 'konā'?
- Oma atu ki tāu wāhi 'korā' kei roto tonu i ngā taiapa o te kura. Ēhea te roa e tae atu koe ki reirā, kātahi ka hoki mai?



Reo

- Tuhia he kupu taka o ngā mea o te taiao i kitea, i rangona, i pā.
- Inā whakaīngoatia koe i tētahi mea i kitea e koe, he aha taua īngoa? He aha ai?
- Titongia he kupu whakarite hei whakamārama i te wāhi o waho. (Te kowhai o te putiputi anō nei he rā).
- Titongia he rotarota tairongo hei whakamārama i te wāhi o waho.
- Titongia he rotarota mō tāu i rongō ai i waho.
- Titongia he rotarota, he pūrākau mō ngā tūmomo kararehe, ngā rākau i kitea e koe. I manahau ai te aha?



Pangarau

Whakatau tata i te tawhiti mai tāu wāhi 'konā' ki tāu wāhi 'korā'. He aha te waeine e pai ai te ine i taua tawhiti?

Tāngia he mahere o āu wāhi 'konei', 'konā', 'korā' e whakaatu ana i ngā wāhanga o ngā kupu o tāu kupu taka.

- Hangaia he mahere oro ā-akomanga.
- Whakamahia he pūnaha whakarite.
- Tuhia i tētahi tohutohu mai tōu akomanga tae noa ki tāu wāhi 'korā'. Mā tētahi hoa e whakamātau.

Mahia he tatauranga me ōu hoa ako.

- Ēhea ngā tamariki i kitea ngā mea ōrite i a koe?
- He aha ngā momo rongō i kaha whakamahia? He aha ngā rongō e pirangi ana ngā ākongā ki te whakamahi anō?
- He aha te momo oro waia ana? He aha te momo oro pai ki a koe? Nā te aha?

FIVE WAYS TO WELLBEING



He taonga taiao



Kāri
Ngohe
Taiao

E ngā ihi, e ngā wehi tēnei ka tākina ake te mauri,
e ora ai te mauri, e tau ai te mauri. Whano,
whano tū mai te mauri, haumie, hui taiki e.



*He karakia tēnei hei mihi ki ngā atua o te taiao, nā rātau ngā taonga
i wherawhera hei rāweke mā mātau.*

KOHIA ĒTAHI TAONGA O TE TAIAO HEI HANGA I TĒTAHI TŪMOMO TAONGA KAIMANAWA.



1 Haere ki waho ka kohikohi i ētahi tūmomo taonga o te taiao, he rau, he kōtatu, he rākau, he nati, he kākano, he putiputi rānei.

- Kawea he ipu hei pupuri i ēnei taonga.
- Kawea he pēke kirihau hei kohikohi i ngā rāpihi. ka kitea e koe i tāu haerenga.
- Pea me kohia ngā taonga e pā ana ki tētahi horopaki. (te ngahuru) ngā tau (kia 10 pea ngā taonga) te rahi (he iti pea, he roa rānei) te taumaha (kia taumaha, kua rānei) te kakano (kia angiangi pea).



2 Mahia tāu taonga kaimanawa

- Hangaia he pikitia, he whaiaro, he mekameka, he taonga kaimanawa.
- Ka taea e koe ki te tuku hei taonga mō tētahi atu, hei whakairi ki te kainga, hei whakairi ki te rūma ako.



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Ngā Toi

- Hangaia he toi me ngā taonga i kimihia e koe.
- Hangaia he taonga pūoro me ngā taonga.

Pangarau

- Wherawhera i āu taonga mā ngā rōpu, tae, āhua, hanga, taumaha, kakano hoki.
- Ine i te rerekētanga mai te taonga iti, ki te taonga rahi, mai te taonga iti te taumaha, ki tērā e nui ake te taumaha. He aha te waeine pai hei ine i ēnei?



Hauora

- Tuhia ēnei whakaaro ki tāu pukapuka taiao.
- Haere ki te hikoi ka torotoro atu ki tāu ake hāpori, me ngā tūmomo taonga rerekē.

Reo

- He aha tētahi kupu hei whakamārama i ngā taonga i kimihia e koe.
- Tuhia he rerenga, he pūrākau hei whakamārama tāu i kimi ai, i kimihia kīhea. Whakamahia ngā tūmomo rongo, ā-pā, ā-kakara, ā-oro ki te whakamārama ake.
- Tuhia he kupu whakarite mō ngā taonga.
- Hangaia he tohu hei whakairi ki te taha o ōu taonga. Whakamahia he īngoa Māori, he īngoa pūtaiao hoki.

Pūtaiao

Toro atu ki te titiro ki ngā taonga o tōu hoa ako.

- Mā te titiro ki tāu taonga, he aha ngā korero mō te taiao o roto i tōu kura?
- Ēhea ngā tūmomo rau, ngārara, manu, rākau, rerekē ka kitea?
- Matapakihia āu whakaaro mō te taiao o tōu kura mā te titiro ki ngā kohikohinga taonga. (he aha ngā momo mea taketake, ngā kai, ngā Rongoa, ngā mea, ngā mea whakauruhia? He aha ngā kararehe, manu, ngārara noho ai, kai ai i ngā rākau? Ko tēhea ngā rākau whakahekeheke, matawhakauri rānai?)

Tāngia, whakaīngoaia ngā pikitia o ōu taonga.

- Whakariterite i ōu taonga ki ōna āhuatanga, (taketake, nā te tangata i hanga, he ora, he mate rānei). Hei matapaki mā te akomanga i ngā mea ka hangaia, ngā mea o te taiao, o te ao Māori.
- Mātakihia tēnei hei matapaki, hei whanake i te rangahau.

FIVE WAYS TO WELLBEING



Taitapa anotia te taiao



Kāri
Ngohe
Taiao

Hohou ai ki runga, hohou ai ki raro, hohou te rongō.

Rere pērā i te manu, ngoki pērā i te ngārara, ka kitea he tirohanga rerekē o te ao. Ka pēhea inā he rau koe e pōteretere ana mai te rangi ki te papa? Ka pēhea inā he ngārara iti koe i roto i te ao whānui nei? Ka rangona koe i te aha inā pā ai rongō ai, titiro ai koe ki te rangi.



WHAI WĀ KI TE WHAKAARO MŌ TE TAI AO.



Putā atu ki waho ka torotoro haere.
Whakamahia he taitapa ka arotahi ki te taiao.



Mātaki mā ngā karu hou;

- ki runga ake o tōu māhunga, ki raro iho i ōu waewae,
- ki runga rawa, ki raro iho,
- ki waenganui ngāherehere, ki raro rārauwhe,
- ki raro toka, ki waenganui whāruarua.



- Hopukina āu kitenge mā te tā, te tuhi kupu, te hopu whakaahua, te tito rotarota te tuhi pūrākau rānei, kātahi ka tohaina.
- Kimihia he tirohanga rerekē, e āta aro ai ki tētahi momo taiao pai ana ki a koe.
- Whakatakotohia tāu taitapa ki tētahi wāhanga muia ana e te otaota. Ehea ngā momo tipu kei taua wāhi? E mōhio ana koe he aha ēnei? He ngārara e noho ana i tāua wāhanga o tāu taitapa?



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Ngā Toi

- Hangaia he toirau.
- Tāruatia he pikitia mā te 'cardstock' ka hanga he papahono.
- Hangaia he mahinga toi hāngai ana ki ngā mea i kitea koe i waho. Ngā tae, ngā, aha atu, aha atu.



Pangarau

- Whakamātautia te whakarahi ake, te tapatapahi i āu pikitia kātahi ka tāruatia.
- He aha te rahinga e uru ai ki waenganui i te whakaataata ā akomanga?
- Tirohia āu whakaahua mō ngā mea hangarite ana. (he pūrerehua tētahi taurira pai).

Tikanga-a-iwi

- Whaiwhakaaro mō ngā rerekētanga o te taiao o tōu kura mai inamata, haere ake nei. Rangahautia ngā pikitia o tawhito. O ngā wiki, ngā marama me ngā tau kua pahure ake.

Hangarau

- Hangaia i tētahi momo toi ki pixel drawing, mai i tētahi o ōu whakaahua.

Reo

- Whakamahia āu kitenga ki te tuhi i tētahi pūrākau, hei taurira; he ripoata, he korero whaiaro, he whakaaro, he rotarota rānei.
- Tuhia pūrākau o āu whakaaro mō 'te rā o te....'. He tipu, he ngārara rānei e noho ana i te rohe o tāu kura.
- Whai whakaaro ki tāna i rongoa ai, i kite ai. Pānui i te pūrākau (Life of Py blog story) kia pupu ake he whakaaro anō.

Pūtaiao

- Hangaia he tohu, hei whakamārama i āu pikitia/whakaahua hoki. Whakauruhia ētahi īngoa Māori, me ētahi īngoa pūtaiao mō aua tipu/kararehe.
- Mātiro tiro, ka whaiaro ki ētahi o āu kohikohinga. Whakaaro, tāruatia ka toha.
- He aha āu whakaaro mō āu kitenga? He aha ngā korero o roto e pā ana ki te whenua o te kura?
- Āta titiro ki ngā pikitia/whakaahua o tōu hoa. Matapakihia āu matapae mō taua wāhi taiao o roto i ngā whakaahua kua hopukina. (Ko tēhea ngā tipu, taketake ki Aoteroa nei/kai/Rongoa/whakauruhia? He aha ngā kararehe/manu/ngārara e noho ana ki ēnei tūmomo tipu? He aha ngā rākau whakahekeheke / matawhakauri rānei?)
- Whai whakaaro mō ngā mea o te taiao ka kitea i roto i te rohe o tāu kura i ngā wā rerekē o te rā, ngā wiki, ngā marama me ngā wāhanga o te tau. Tukuruu atu tēnei ngohe kia kitea ngā rerekētanga i ēnei wāhanga rerekē.

Hauora

- He aha ngā whakaaro i aro mai i tēnei o ngā momo mahi? Tuhia ki tāu pukapuka taiao.
- Sparklers take notice activity <https://sparklers.org.nz/activities/favourites-natural-world/>



FIVE WAYS TO WELLBEING



Kēmu wharewhare taiao



Kāri
Ngohe
Taiao

Mā te ako ka mōhio, mā te mōhio kā mārama,
mā te mārama ka mātatau.



WHAREWARE Ā-TAE, Ā-ĀHUA



Whareware ā-tae, ā-āhua

- Hangaia he whārangi wharewhare, kia rerekē ngā tae, me ngā āhua. Waihotia ētahi wāhanga mō ngā kitenge hou.
- Haria tāu whārangi wharewhare ki waho, ka whakakīhia ngā wāhanga ki ngā tūmomo tae, me ngā āhua kitea ai koe.
- He aha ngā mea mīharo ? rerekē? Ōrite? i kitea e koe.



Wharewhare kapua

- Hangaia he whārangi wharewhare, kia rerekē ngā tae, me ngā āhua.
- Takoto ka mātiro tiro ki te rangi.
- Tukuna mā ōu whakaaro e hanga kōrero pohewa mā te mātaki i ngā āhua o ngā kapua.



Wharewhare tairongo tipu

- Tikiake i tēnei rauemi plant sensory bingo table hangaia tāu ake.
- Haria ngā whārangi wharewhare ki waho, hei mahinga takitahi, takirua, takiroopu rānei. Torotoro atu, rīkoatatia āu/ ā koutou kitenge. Whakatenatena i ngā tamariki kia kohikohi rau, putiputi, kākano hoki.
- Whakamahia ōu tairongo - kapo ake he tipu he rau hoki (kaua e kai).

An A4 printable version of this plant bingo sheet can be found here:
www.doc.govt.nz/education-nativetrees (pg 28).



Department of
Conservation
Te Papa Atawhai

New Zealand Government



SPORT
NEW ZEALAND
IHI AOTEAROA



Healthy Nature
Healthy People

KA TŪHONO KI TE MARAUTANGA

Ngā Toi

- Waihanga he mahinga toi e whakaatu ana tāu i kitea ai, i pā ai, i rongō ai hoki.
- Hangaia he miringa rau.
- Whakamahia whakaahua o ngā mea i kimihia e koe i te taiao ka hanga he whakaaturanga toirau o ngā tūmomo tae, āhua o taua wāhanga o te taiao.
- Whakamahia whakaahua o ngā mea i kimihia e koe i te taiao ka tā pikitia o te taiao.

Hauora

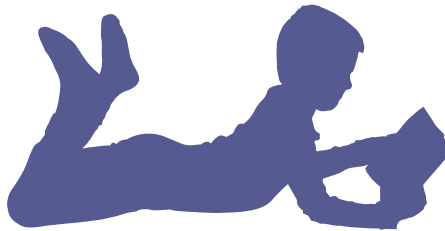
- Rangahautia ngā orange o ngā tipu mō tō mātau tinana, he aha ēnei āhuatanga whakaora?
- Hangaia he ngoe 'rapu ka kimi'. Ko wai i kitea ngā mea nui ake, iti iho, mīharo rawa?

Pūtaiao

- Te Reo Taiao booklet <https://www.doc.govt.nz/get-involved/conservation-education/resources/kia-kaha-te-reo-taiao-posters-and-booklet/>
- Wherawhera i āu taonga ki a rātau roopu (ora – mate rānei)
- Āta titiro ki ngā pikitia/whakaahua o tōu hoa. Matapakihia āu matapae mō taua wāhi taiao o roto i ngā whakaahua kua hopukina. (Ko tēhea ngā tipu, taketake ki Aoteroa nei/kai/Rongoa/whakauruhia? He aha ngā kararehe/manu/ngārara e noho ana ki ēnei tūmomo tipu? Ka pēhea rātau e whakamahi hei painga?)

Reo

- Whakamahia ngā rauemi i kohikohia kia hanga he rotarota tae.
- He aha tētahi kotahi hei whakamārama i āu kitenga, mai ngā taonga e rima e mīharo ana ki a koe?
- Kimihia ngā whārite hei whakamārama i ngā mea i kitea e koe.
- Kohikohia āu kupu o te taiao hei hanga punga kupu.



Pangarau

- Tā / whakamāramatia ngā huanga o ngā mea i kimihia e koe ki waho. (ngā taha, ngā kokonga, nga huringa, ngā rārangi, ngā tapa hoki).
 - Kei te kitea he ōritetanga? He aha ngā ōritetanga?
 - Kei te kitea he rerekētanga? He aha ngā rerekētanga?
 - He aha ngā tūāhuatanga tino ōrite o ēnei kitenga?
 - He ōrite katoa ngā taha, ngā tapa me ngā kokonga?
- Mā te whakamahi i ngā kohinga o te taiao, āta tirohia ngā āhua, ngā ōritenga hoki. (hei tauira te porohitatanga o ngā putiputi).
- Whakamahia ngā whakaahua ka tirohia ngā hangaritetanga o ngā rahi, ngā tae, ngā āhua me ngā taumaha.

FIVE WAYS TO WELLBEING

