

Hangaia he kete tūhono taiao



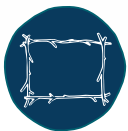
Kāri
Ngohe
Taiao

'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

