

Hauora

Tauira Tauaromahi Kaupae 1



Sunset over Waimārama after Gabrielle
Cris Moetu
Western Heights High School
Ringa Toi Student Exhibition 2023

Ka tautoko tēnei tauaromahi i te:

Paerewa Paetae 92057 (1.2)

Te whakaputa whakaaro mō te whaihua o tētahi mahere hei whakaea
i tētahi whāinga whaiaro

Ko te tauira tauaromahi he tauira mahi a te ākongā e whakamārama ana i te matū o te paerewa paetae. He mea āwhina i te kaiako ki te kōwhiri whakataunga aromatawai ki te taumata e tika ana.

	Taumata: Kairangi
1.	<p>Kia eke ki te Kairangi, me tātari i ngā whakaaro huritao mō te whaihua o tētahi mahere hei whakaea i tētahi whāinga whaiaro. Ka taea e te ākongā tēnei mā:</p> <ul style="list-style-type: none"> • te arotake i te whaihua o te mahere. • te āta titiro ki te whakatinanatanga, arā te hāngai me te raupapa o ngā whāinga whāiti, ngā mahi, te nui o te wā, te āhua o te whakahaere, tae noa ki te āhua o te whakatutukitanga o te whāinga. • te tātari i te tukanga i whāia me ngā hua ka puta. <p>Ka arotake i te whaihua o te mahere mā te kohinga urupounamu, pēnei i te ‘i whakaeatia rānei te whāinga? Mehemea kāre i ea, he aha i kore ai?’, i te ‘me pēhea e whakapai ake ai i te mahere?’ Ā, ka āta titiro ki te whakatinanatanga, arā te hāngai me te raupapa o ngā whāinga whāiti, ngā mahi, te nui o te wā, te āhua o te whakahaere, tae noa ki te āhua o te whakatutukitanga o te whāinga. Tērā ētahi āhuetanga ka pupuri, ka panoni, ka muku rānei.</p> <p>Kātahi, ka tātari i te tukanga i whāia me ngā hua ka puta mā te kohinga urupounamu, pēnei i te ‘He tukanga i whāia engari auare ake? He aha i kore ai?’, i te ‘He tukanga hou ka whakauruhia? He aha ai?’</p>



	Taumata: Kaiaka
2.	<p>Kia eke ki te Kaiaka, me whakaputa whakaaro huritao mō te whaihua o tētahi mahere hei whakaea i tētahi whāinga whaiaro mā te:</p> <ul style="list-style-type: none"> • āta whakarite i tētahi mahere mā te rangahau. • whakaahua i ngā whāinga whāiti hei tohu i te koki i te ara whakatutuki whāinga. • whai whakaaro huritao mō te tukanga i whāia me ngā hua ka puta. <p>Ka āta whakarite, ka waihanga i tētahi mahere i tāna i rangahau ai e whakaahua ana i te huarahi e whakaea ai tōna whāinga oranga whaiaro, arā, ko ngā rauemi, ngā tūraru me ngā wero, ngā rautaki me ngā tukanga, me ngā hua. Hei tauira, mō te taha hinengaro, ka aro atu te ākongā ki te whakatā ā-hinengaro, ā-tinana anō hoki e kaupare ai i te kūrururu. Kātahi, ka whakaahua te ākongā i ētahi whāinga oranga whaiaro e kaupare ana i te kūrururu e piki ai te hauora.</p> <p>Ka mutu, ka whai whakaaro huritao ia e whakaahua ana i te tukanga nāna i whai, ā, ka tautohu i ngā hua i puta. Hei tauira, mā te kohinga pakirehua tēnei e tutuki ai pēnei i te 'he aha ngā hua i puta, i te 'mehemea i ara mai tētahi tūraru, he aha ngā tukanga i whāia hei whakatatū i taua tūraru'.</p>



	Taumata: Paetae
3.	<p>Kia eke ki te Paetae, me whakaputa whakaaro mō te whaihua o tētahi mahere hei whakaea i tētahi whāinga whaiaro mā te:</p> <ul style="list-style-type: none">• whakarite i tētahi mahere mā te rangahau• tautohu i ngā whāinga whāiti hei tohu i te koki i te ara whakatutuki whāinga• whakaahua i te āhua o tana whai i te mahere me te tautohu i ngā hua ka puta. <p>Ka tautohu te ākonga i ētahi whāinga oranga whaiaro hei whakapakari i ētahi āhuetanga o te hauora kua kōwhiria. Hei taura, mō te taha tinana, ka aro atu te ākonga ki te kai e piki ai tōna hauora. Kātahi, ka whakarite, ka waihanga i tētahi mahere i tana i rangahau ai e whakaahua ana i te huarahi e whakaea ai tōna whāinga oranga whaiaro, arā, ko ngā rauemi, ngā wero, ngā tukanga me ngā hua.</p> <p>Ka mutu, ka kapo i ōna wheako e whakaahua ana i te āhua o tana whai i te mahere. Hei taura, he kohinga pātai pēnei i te 'i tutuki pai ngā hua', i te 'mehemea i ara mai tētahi wero, he aha ngā tukanga i whāia hei whakatatū i taua wero'.</p>

