

HE MAHI MĀTĀTOA, MAHI
HAUORA E ARAHIA ANA E
NGĀ ATUA MĀORI

He pakiwaitara e
arahia ana e ngā
atua Māori. He
puka mā ngā mātua,
kaiaako, me ngā
tohunga hauora hei pānui
ki ngā tamariki ko te reanga e
ono ki te waru tau. He awhina i ngā
tamariki ki te kite i ōnā pukenga, me
ōnā wheakotanga i te ao turoa, ā ka ako
hoki me pēwhea e tau ai ia.

KEI WHEA A MAURI TAU?

Kaituhi ANDRE MCLACHLAN,
WAIKAREMOANA WAITOKI, LISA CHERRINGTON
Kaitā Āhua JAMIE SIMS
Kaiwhakamāori MIHI HOPE, PUNUA WAITOKI

HE MIHIMIHI

He Paiaka Totara (he roopu Mātai Hinengaro), ko kairangi Marama McDonald, ko kairangi Mike Paki; ko Rāwiri Horne, mo ana mahi toi.

Jamie - e mihi ana ki a Abby mo āu mahi aroha, mahi tautoko.

Ngā mihi nui ki ngā kaitautoko ko WINTEC, Te Whakaruruhau me Trust Waikato. He mahi hoki no te putea rangahau a Marsden, Te Aparangi (e tautokohia ana e te Whare Wānanga o Waikato).



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Matawaia
mo ngā
rauemi



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KEI WHEA A MAURI TAU?

He pakiwaitara e arahia ana e ngā atua Māori. He puka mō ngā mātua, kaiako, me ngā tohunga hauora hei pānui ki ngā tamariki ko te reanga e ono ki te waru tau. He awhina i ngā tamariki ki te kite i ōnā pukenga, me ōnā wheakotanga i te ao tūroa, ā ka ako hoki me pēwhea tau ai a ia.

Kei muri i te puka nei, he whārangi tātaki hei awhina i te kaupānui.

Kaituhi **ANDRE MCLACHLAN,** *Ngāti Apa, Muaūpoko*

WAIKAREMOANA WAITOKI, *Ngāti Hako, Ngāti Mahanga*

LISA CHERRINGTON *Ngāti Hine, Ngāpuhi*

Kaitā Āhua **JAMIE SIMS** *@kemic*

Kaiwhakamāori **MIHI HOPE,** *Ngāti Mahuta, Ngāti Wairere, Ngāti Kauwhata*

PUNUA WAITOKI *Ngāti Hako, Ngāti Mahanga*

KEI WHEA A MAURI TAU?

He tama waru tau te pakeke o Tamarere. E kimi ana ia i a Mauri Tau, te mōkai tūmatarau ā Tāne-Mahuta, te atua o Te Wao-tapu-nui, ō ngā ngāhere, ō ngā manu, me ngā tāngata. Kei te pāmamae a Tamarere i tōna kore i taea te mātoro atu ki ōna tūpuna, ā, e mokemoke ana ia mō ōna kaumātua. Ka kōrero tōna whāea, a Māia, ki a ia, i te wā e pakupaku ana ia, ahakoa te aha, i kitea e ia a Mauri Tau i ngā wā i pīrangitia.

He pukenga tūmatarau ō Mauri Tau hei tiki atu mā te tamariki i te wā ka pāpōuri. He ngerungeru ia, he parirau āniwaniwa, he karu ngāwari, he menemene mahana hoki tōna. Ki te noho tahi ki a Mauri Tau, ka mahea katoa ngā raru me ngā āwangawanga. I tapaina ia ko Mauri Tau e Tāne nā te mea kei roto i a ia ngā momo mauri ō roto i ngā mea katoa.

He mauri ō roto i te hau, i te wao, i te rā, i ngā tangata hoki. Kei roto hoki te mauri i a koe. I ētahi wā ka noho te mauri, nō reira ka pōturi, ka māngere. I aua wā, ka hiahia ki te noho puku, ka pouri pea koe. Ka kīia tēnei, ko te mauri noho.

I ētahi wā anō, ka rongohia te oho o te mauri, arā, ka hihiko, ka tutū te mauri. He karekare, he totoa, he hēmanawa - ka whitawhita anō nei me whakaputa koe i tō kaha. Ki te rongo rānei koe i te riri, i te harikoa, i te āwangawanga, i te wana rānei, koirā te mauri oho.

Kei waenganui pū i te mauri oho me te mauri noho te tauranga pai ō Mauri Tau. Kia tae koe ki tērā tauranga, ka haere mai a Mauri Tau ki te kimi i a koe, nā te mea kua tau hoki koe - kua mārie. Koirā te wā ka kite koe i a Mauri Tau.

Kua oho te mauri ō Tamarere. E mokemoke ana ia i ōna kaumātua.

Kei te hiahia koe ki te āwhina i a Tamarere ki te kimi i a Mauri Tau kia tau ai tana ngākau?

E kaha ana a Mauri Tau ki te toro atu ki te whānau ō Tāne-Mahuta, ko ngā atua. Nā, me toro atu kōrua ko Tamarere ki a rātou, ka whakaoti ai ētehi ngohe tūmatarau, ā, ka tuku tīwhiri rātou hei āwhina ki te kimi i a Mauri Tau.

TE TĪMATANGA

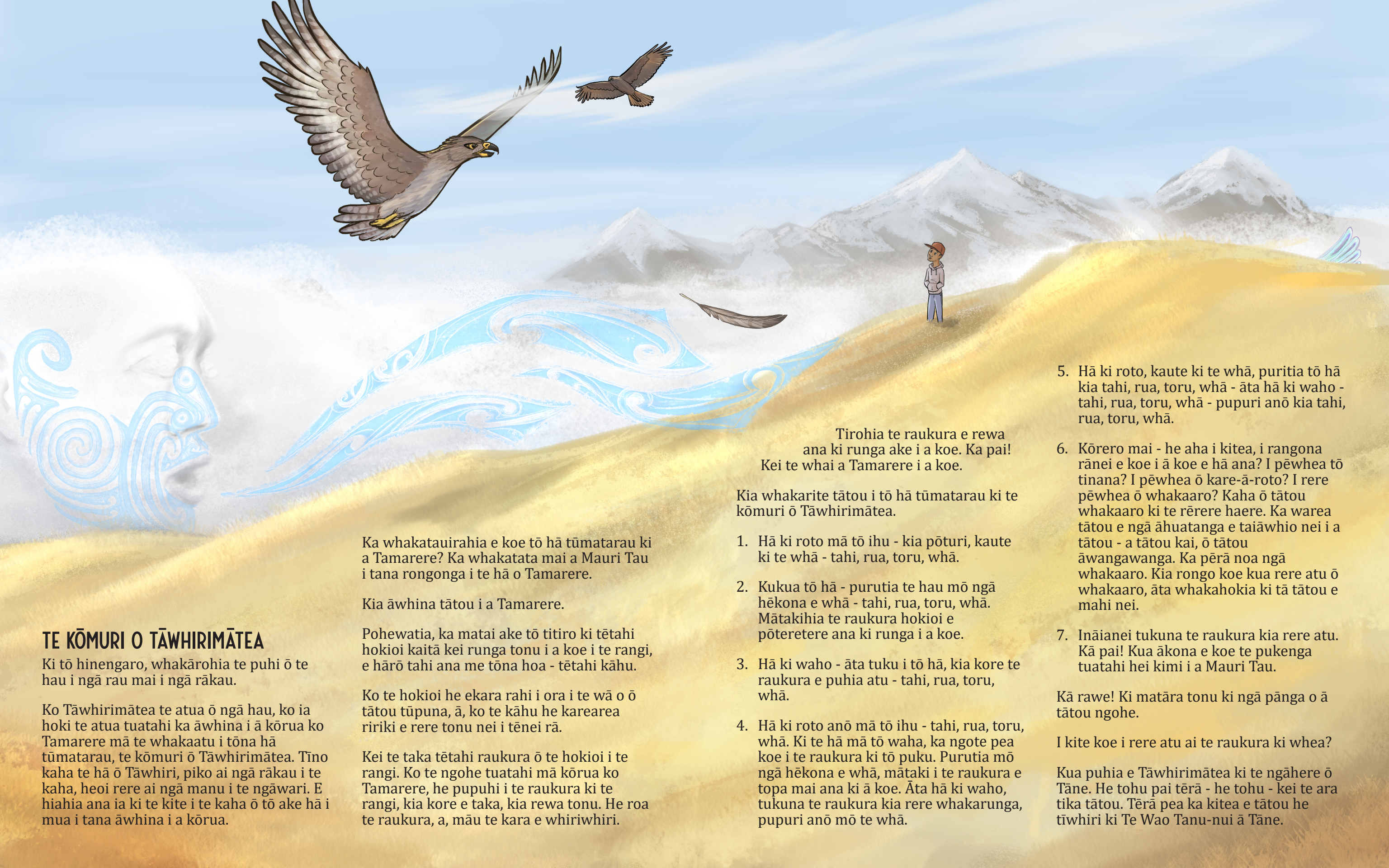
Ka timata tēnei haerenga māia ki roto i tō pohewatanga, nā, me āhuru tō noho. He ngāwari ake te kimi i a Mauri Tau i te wā e takoto ana koe. Me whakaaro koe kei te tūtaki kōrua ki ngā atua, a, mā rātou kōrua e āwhina ki te kimi i a Mauri Tau.

Hei āwhina i ā koe, whakarongo ki tō tīnana. E pēhea ana tō tinana, tō puku, ō pokohiwi, tō uma rānei?

He aha ngā kare-ā-roto e rangona ana e koe? He harikoa, he hihiko, he pouri, he āwangawanga, he māharahara rānei?

Kei te mauri noho, mauri tau, mauri oho rānei koe?

Kā pai tō aro! Nā, hoake tātou ki te kimi i a Mauri Tau.



TE KŌMURI O TĀWHIRIMĀTEA

Ki tō hinengaro, whakārohia te puhi ō te hau i ngā rau mai i ngā rākau.

Ko Tāwhirimātea te atua ō ngā hau, ko ia hoki te atua tuatahi ka āwhina i ā kōrua ko Tamarere mā te whakaatu i tōna hā tūmatarau, te kōmuri ō Tāwhirimātea. Tino kaha te hā ō Tāwhiri, piko ai ngā rākau i te kaha, heoi rere ai ngā manu i te ngāwari. E hiahia ana ia ki te kite i te kaha ō tō ake hā i mua i tana āwhina i a kōrua.

Ka whakatauirahia e koe tō hā tūmatarau ki a Tamarere? Ka whakatata mai a Mauri Tau i tana rongonga i te hā o Tamarere.

Kia āwhina tātou i a Tamarere.

Pohewatia, ka matai ake tō titiro ki tētahi hokioi kaitā kei runga tonu i a koe i te rangi, e hārō tahi ana me tōna hoa - tētahi kāhu.

Ko te hokioi he ekara rahi i ora i te wā o ō tātou tūpuna, ā, ko te kāhu he karearea ririki e rere tonu nei i tēnei rā.

Kei te taka tētahi raukura ō te hokioi i te rangi. Ko te ngohe tuatahi mā kōrua ko Tamarere, he pupuhi i te raukura ki te rangi, kia kore e taka, kia rewa tonu. He roa te raukura, a, māu te kara e whiriwhiri.

Tirohia te raukura e rewa ana ki runga ake i a koe. Ka pai! Kei te whai a Tamarere i a koe.

Kia whakarite tātou i tō hā tūmatarau ki te kōmuri ō Tāwhirimātea.

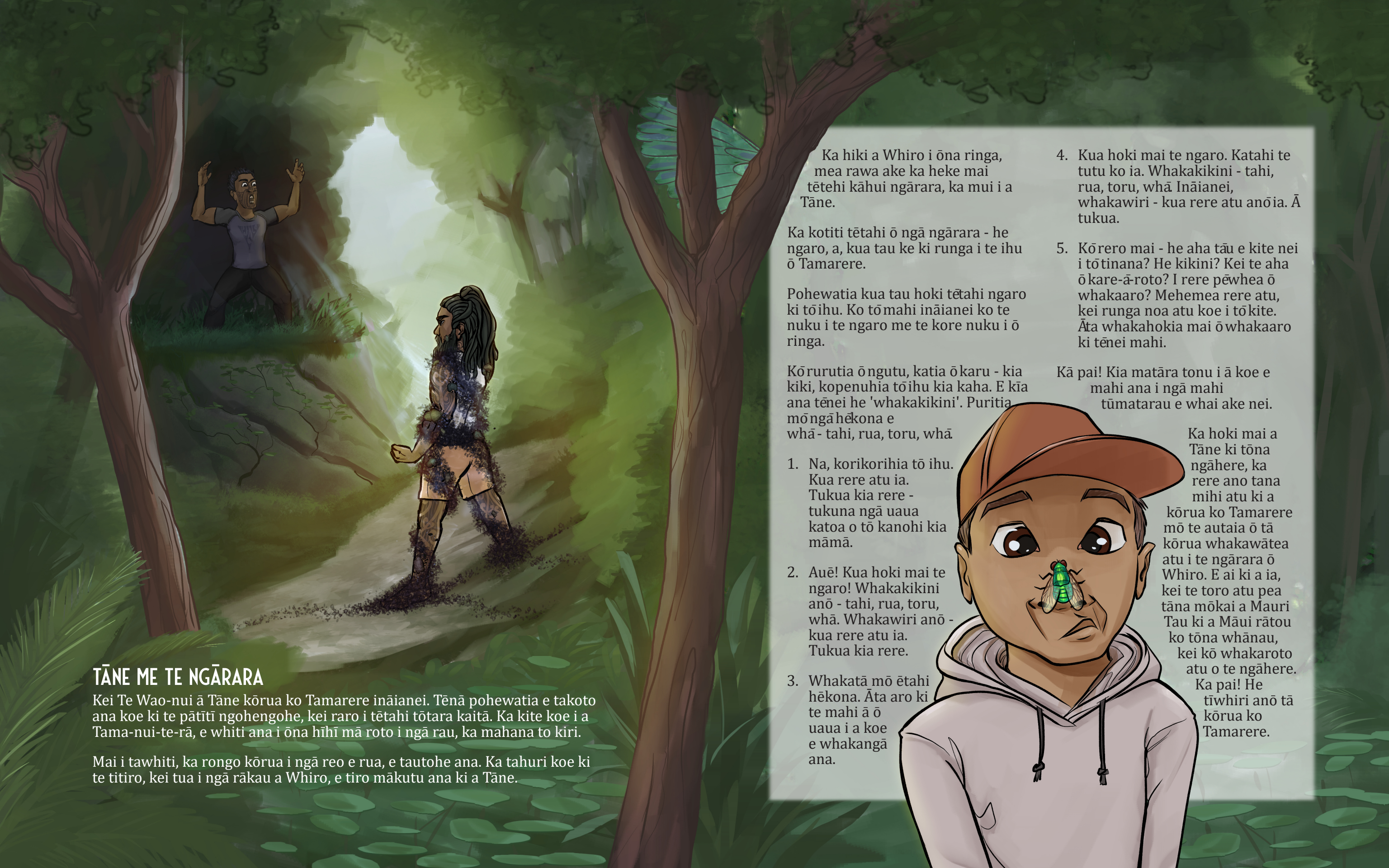
1. Hā ki roto mā tō ihu - kia pōturi, kaute ki te whā - tahi, rua, toru, whā.
2. Kukua tō hā - purutia te hau mō ngā hēkona e whā - tahi, rua, toru, whā. Mātakihia te raukura hokioi e pōteretere ana ki runga i a koe.
3. Hā ki waho - āta tuku i tō hā, kia kore te raukura e puhia atu - tahi, rua, toru, whā.
4. Hā ki roto anō mā tō ihu - tahi, rua, toru, whā. Ki te hā mā tō waha, ka ngote pea koe i te raukura ki tō puku. Purutia mō ngā hēkona e whā, mātaki i te raukura e topa mai ana ki ā koe. Āta hā ki waho, tukuna te raukura kia rere whakarunga, pupuri anō mō te whā.

5. Hā ki roto, kaute ki te whā, puritia tō hā kia tahi, rua, toru, whā - āta hā ki waho - tahi, rua, toru, whā - pupuri anō kia tahi, rua, toru, whā.
6. Kōrero mai - he aha i kitea, i rangona rānei e koe i ā koe e hā ana? I pēwhea tō tinana? I pēwhea ō kare-ā-roto? I rere pēwhea ō whakaaro? Kaha ō tātou whakaaro ki te rērere haere. Ka warea tātou e ngā āhuatanga e taiāwhio nei i a tātou - a tātou kai, ō tātou āwangawanga. Ka pērā noa ngā whakaaro. Kia rongo koe kua rere atu ō whakaaro, āta whakahokia ki tā tātou e mahi nei.
7. Ināiane tukuna te raukura kia rere atu. Kā pai! Kua ākona e koe te pukenga tuatahi hei kimi i a Mauri Tau.

Kā rawe! Ki matāra tonu ki ngā pānga o ā tātou ngohe.

I kite koe i rere atu ai te raukura ki whea?

Kua puhia e Tāwhirimātea ki te ngāhere ō Tāne. He tohu pai tērā - he tohu - kei te ara tika tātou. Tērā pea ka kitea e tātou he tiwhiri ki Te Wao Tanu-nui ā Tāne.



TĀNE ME TE NGĀRARA

Kei Te Wao-nui ā Tāne kōrua ko Tamarere ināianeī. Tēnā pohewatia e takoto ana koe ki te pātītī ngohengohe, kei raro i tētahi tōtara kaitā. Ka kite koe i a Tama-nui-te-rā, e whiti ana i ōna hīhī mā roto i ngā rau, ka mahana to kiri.

Mai i tawhiti, ka rongo kōrua i ngā reo e rua, e tautohe ana. Ka tahuri koe ki te titiro, kei tua i ngā rākau a Whiro, e tiro mākutu ana ki a Tāne.

Ka hiki a Whiro i ōna ringa, mea rawa ake ka heke mai tētehi kāhui ngārara, ka mui i a Tāne.

Ka kotiti tētahi ō ngā ngārara - he ngaro, a, kua tau ke ki runga i te ihu ō Tamarere.

Pohewatia kua tau hoki tētahi ngaro ki tō ihu. Ko tō mahi ināianeī ko te nuku i te ngaro me te kore nuku i ō ringa.

Kōrururia ō ngutu, katia ō karu - kia kiki, kopenuhia tō ihu kia kaha. E kīa ana tēnei he 'whakakikini'. Puritia mō ngā hēkona e whā - tahi, rua, toru, whā

1. Na, korikorihia tō ihu. Kua rere atu ia. Tukua kia rere - tukuna ngā uaua katoa o tō kanohi kia māmā.
2. Auē! Kua hoki mai te ngaro! Whakakikini anō - tahi, rua, toru, whā. Whakawiri anō - kua rere atu ia. Tukua kia rere.
3. Whakatā mō ētahi hēkona. Āta aro ki te mahi ā ō uaua i a koe e whakangā ana.

4. Kua hoki mai te ngaro. Katahi te tutu ko ia. Whakakikini - tahi, rua, toru, whā Ināianeī, whakawiri - kua rere atu anō ia. Ā tukua.

5. Kōrero mai - he aha tāu e kite nei i tō tinana? He kikini? Kei te aha ō kare-ā-roto? I rere pēwhea ō whakaaro? Mehemea rere atu, kei runga noa atu koe i tō kite. Āta whakahokia mai ō whakaaro ki tēnei mahi.

Kā pai! Kia matāra tonu i ā koe e mahi ana i ngā mahi tūmatarau e whai ake nei.

Ka hoki mai a Tāne ki tōna ngāhere, ka rere ano tana mihi atu ki a kōrua ko Tamarere mō te autaia ō tā kōrua whakawātea atu i te ngārara ō Whiro. E ai ki a ia, kei te toro atu pea tāna mōkai a Mauri Tau ki a Māui rātou ko tōna whānau, kei kō whakaroto atu o te ngāhere. Ka pai! He tīwhiri anō tā kōrua ko Tamarere.

TE KAUWAE Ō MURI-RANGA-WHENUA

I tua atu i te ngāhere, ka tutaki kōrua ko Tamarere ki tētahi kuia e kato pikopiko ana. Ka pātai a Tamarere ki aia mēnā kei te mōhio ia kei whea a Māui. Ko tana whakautu, ko Muri-ranga-whenua ia, te kuia ō Māui.

Ka kōrero a Tamarere mō te pūrākau kua rongo nei ia ōna mo te hoatu a te kuia nei i tētahi kauwae tūmatarau tino kaha ki a Māui mō ana haereere. Hei tā te kuia kei te tika tērā - nāna taua mahi.

Ka pātai te kuia mēnā e hiahia ana kōrua ko Tamarere ki tētehi kauwae

kaha, pēnei i tā Māui. "Āe koa!" te whakautu a Tamarere.

Kei te pirangi hoki koe ki tētahi kauwae kaha?

Anei tō ngohe. Pohewatia, e kanukanu ana koe i ngā pia ngau kaitā tekau, he mārō hoki!

1. Nā, purua te katoa ō ngā pia ngau ki tō waha. Ngā pia ngau tekau katoa. Kei te kī haere tō waha ināianei. Ngaua te pia ngau ki ō kaha katoa. Whakakikinihia tō waha me tō kakī i a koe e kukuti ana. Kia mau mō ngā hēkona e whā - tahi, rua, toru, whā

2. Tukua kia rere. Tukuna tō kauwae kia makere noa. Āta aro ki te rongo i te ngaronga o te kikini i ō uaua.

3. Kia pēnei tonu. Ngaua anō te hāpuku pia ngau rahi, purutia kia tahi, rua, toru, whā. Tukua tō kauwae kia makere anō.

4. Whakatā mō ētahi hēkona. Aro ki tō kakī, ki tō kanohi, ki tō kauwae i ā koe e whakatā ana. E ahatia ana?

5. Kotahi anō te wā, ngau kaha, purutia kia tahi, rua, toru, whā. Tukua kia rere.

6. Kōrero mai. Kei te pēwhea tō tinana? I te pēwhea ō kare-ā-roto? I rere ō whakaaro ki whea?

Ka ki a Muri-ranga-whenua ka maitai ō kō rua kauwae ināianei.

Ka pātai a Tamarere mehemea kei te mōhio te kuia kei whea a Māui.

Ka whakautu ia, "Āe. Kei tua ia i tērā puke, e raranga taura me ōna tuākana. Me āwhina pea koe i a ia mēnā e hiahia ana koe ki te kōrero ki a ia. Pukumahi tōku mokopuna."

"Hoake tāua." te kī a Tamarere. "Mōhio pea a Māui kei whea a Mauri Tau."



KA HOPU Ā MĀUI I TE RĀ

I a kōrua ko Tamarere e piki ana i te puke, ka kitea he ohu tāne e rāranga ana i ngā tini momo taura harakeke.

"Tēnā rā koutou, he aha ā koutou mahi?" te pātai ā Tamarere.

Ka whāki mai tētahi o ngā tāne ko ia te tuakana o Māui, ko Māui-mua, ā, kaore a Māui i te pai ki te parahutihuti haere ā Tama-nui-te-rā i te rangi. Kua poto rawa ngā rā ki te mahi, kaore ngā tamariki i te whai wā ki te takaro. Nā reira kua whakaaro a Māui ki te hopu i te rā me te whakapōturi i ā ia.

Ka pātai a Tamarere, "Kei te pai kia kōrero māua ki a Māui?"

"Ae, engari tuatahi me āwhina kōrua ki te pupuri i te rā mā ngā taura tūmatarau ā Māui." te whakautu a Māui-mua.

Ka whakaae a Tamarere. Ka āwhina koe?

Ko tā kōrua mahi, he āwhina i a Māui rātou ko ōna tuākana ki te kume mai i te rā i te rangi.

Ka takina e Māui he karakia kia oho te mauri o āna taura, ā, ka whiua e ia ki runga i te rā, mau ana.

Ināianeī, ka whai kōrua ko Tamarere i a Māui mā ki te kukume mai i te rā. Nā, torona whakarunga o ringa, puritia te rā.

1. E kume atu ana a Tama-nui-te-rā, nā reira me whakatoro koe i o ringa ki mua rā anō, kātahi ka whātoro ki runga rā anō. Toroa o pokohiwi ki muri rā anō, me te pupuri mō te whā hekona. Āta aro ki te kikini o te kakī me ngā pokohiwi. Tahī, rua, toru, whā.

2. Taki tukuna te taura kia makere, tukua kia rere, o ringa ki raro. Aro ki te wātea o ngā uaua o o ringa me o pokohiwi, me te māmā me te taumaha haere o ērā
3. Kia tōaitia tērā mahi, i a Tama-nui-te-rā e tōwhakarunga ana. Tikina te taura, whakatorohia o ringa ki runga rawa - whakakikini. Pupuri mō ngā hekona e whā - tahī, rua, toru, whā. Ka pai. Tukuna - Tukuna te taura, tukua kia rere.
4. Whakatā mō te wā poto, aro atu ki ngā uaua o tō kakī me o pokohiwi i koe e whakangā ana.
5. Kotahi anō te wā, mau ki te taura, whakatoro i o ringa, whakakikini kia tahī, rua, toru, whā. Ināianeī, tukuna kia rere.

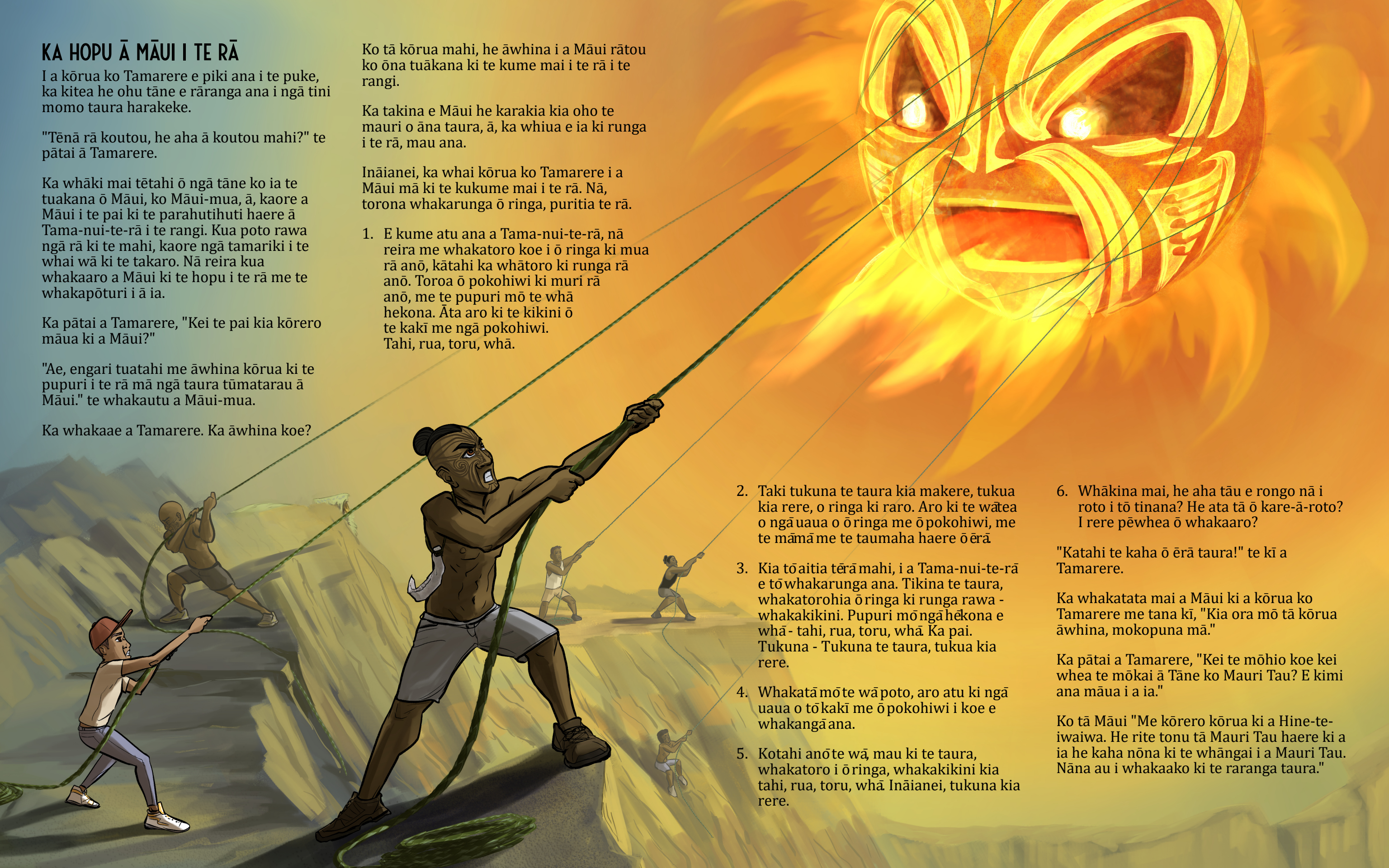
6. Whākina mai, he aha tāu e rongō nā i roto i tō tinana? He ata tā o kare-ā-roto? I rere pēwhea o whakaaro?

"Katahi te kaha o ērā taura!" te kī a Tamarere.

Ka whakatata mai a Māui ki a kōrua ko Tamarere me tana kī, "Kia ora mō tā kōrua āwhina, mokopuna mā."

Ka pātai a Tamarere, "Kei te mōhio koe kei whea te mōkai ā Tāne ko Mauri Tau? E kimi ana māua i a ia."

Ko tā Māui "Me kōrero kōrua ki a Hine-te-iwaiwa. He rite tonu tā Mauri Tau haere ki a ia he kaha nōna ki te whāngai i a Mauri Tau. Nāna au i whakaako ki te raranga taura."



TE RĀRANGA KI TE TAHA Ō HINE-TE-IWAIWA

E hikoi ana kōrua ki tētahi māra kaitā, kī katoa i ngā harakeke roa, i ngā harakeke koikoi. Koinei te wāhi mahi ai a Hine-te-iwaiwa. Ko ia te atua ō te whānau pēpi, te raranga me ngā toi o te ira wahine. I te whakarite harakeke ia hei raranga i ētahi purutanga mō tētahi wahakura mō tētahi o ngā mokopuna ā Māui. He moenga te wahakura mā te pepi e mahana ai, e haumaruru ai ia i tāna moe tahi me ōna mātua.

Ka pātai a Tamarere mēnā e mōhio ana ia ka kitea a Mauri Tau ki whea.

Ka āta kōrero a Hine-te-iwaiwa ki ā kōrua. Me he oriori tōna reo i tāna kīnga atu, "Ae, engari tuatahi me whatu au i ētahi taura purutanga. Katahi anō ka paeratia e au he muka. Kia mātao ērā, me kūtete atu au i te wai me te whakairi kia maroke. Kei te hiahia kōrua ki te āwhina?"

Kei te matatau haere a Tamarere ki ngā tikanga, nā kua tere tana whakaae. Ka āwhina hoki koe?

Anei tā kōrua mahi hou. Ka hoatu a Hine-te-iwaiwa ki tēnā o kōrua ētahi muka harakeke ki ō kōrua ringa. Ko te muka he miro mai roto i ngā rau o te harakeke, he tino pakari. Ka pā atu koe ki te muka he aho roa tōna āhua. He ngohengohe, he reka hoki te kakara.

Tēnā pohewatia e pupuru ana koe i tētahi kāpuinga miro muka, pērā i tētahi tāora pokapōkai.

1. Mā ō ringa e rua, kutētēhia te muka kia kaha, ka kīa tēnei mahi kutētē - he

kukuti kia puta mai te wai. Me kūtē katoa te wai mō ngā hēkona e whā - tahi, rua, toru, whā. Tatau ā-hinengaro, haere tonu. Tahi, rua, toru, whā. Kei te rongo koe i te kikini ki ō ringa me ō matimati?

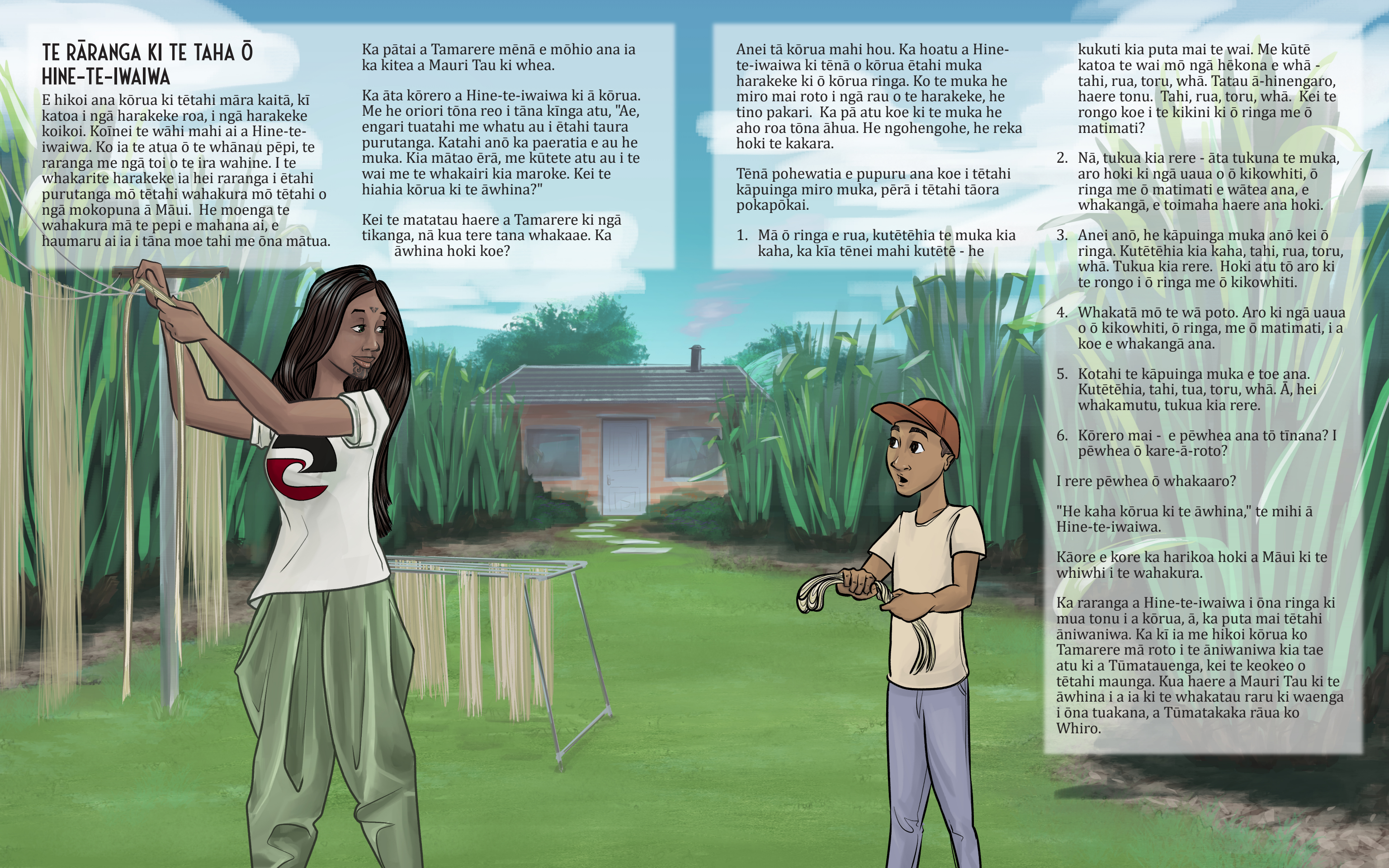
2. Nā, tukua kia rere - āta tukuna te muka, aro hoki ki ngā uaua o ō kikowhiti, ō ringa me ō matimati e wātea ana, e whakangā, e toimaha haere ana hoki.
3. Anei anō, he kāpuinga muka anō kei ō ringa. Kutētēhia kia kaha, tahi, rua, toru, whā. Tukua kia rere. Hoki atu tō aro ki te rongo i ō ringa me ō kikowhiti.
4. Whakatā mō te wā poto. Aro ki ngā uaua o ō kikowhiti, ō ringa, me ō matimati, i a koe e whakangā ana.
5. Kotahi te kāpuinga muka e toe ana. Kutētēhia, tahi, tua, toru, whā. Ā, hei whakamutu, tukua kia rere.
6. Kōrero mai - e pēwhea ana tō tīnana? I pēwhea ō kare-ā-roto?

I rere pēwhea ō whakaaro?

"He kaha kōrua ki te āwhina," te mihi ā Hine-te-iwaiwa.

Kāore e kore ka harikoa hoki a Māui ki te whiwhi i te wahakura.

Ka raranga a Hine-te-iwaiwa i ōna ringa ki mua tonu i a kōrua, ā, ka puta mai tētahi āniwaniwa. Ka kī ia me hikoi kōrua ko Tamarere mā roto i te āniwaniwa kia tae atu ki a Tūmatauenga, kei te keokeo o tētahi maunga. Kua haere a Mauri Tau ki te āwhina i a ia ki te whakatau raru ki waenga i ōna tuakana, a Tūmatakaka rāua ko Whiro.



TŪMATAUENGA ME TE TŪĀPAPA

Pohewatia, ka hikoī kōrua ko Tamarere mā roto i te āniwaniwa. Kia puta kōrua, e tū ana kōrua ki te matatihi o tētahi maunga teitei. He kapua okewa e ngunguru ana i te rangi.

Ka kite kōrua ko Tamarere i a Tūmatauenga. Ko ia te atua ō te tangata me te pakanga. Nāna i haumaru ai ngā mea ka whakamahia e tātou, pērā i te whenua hei whakatipu kai. Kei te karanga a Tū ki tōna teina a Tūmatakaka ki te āwhina i a ia ki te whakatau i te raru kei waenga i a Tūmatakaka me Whiro, engari nā te kaha ō te hau, kaore e taea e Tūmatakaka te rongo.

Ka pātai a Tūmatauenga mēnā ka āwhina a Tamarere ki te hiki i a ia ki runga kia rangona tāna reo e Tūmatakaka.

He whakaaro pai tā Tamarere. Ka mea atu ia, "Ae! Ka takoto au, me tū koe ki runga i taku puku. He kaha."

Ka āwhina hoki koe i a Tamarere?

Tēnā! Ko tā kōrua mahi he takoto hei tūāpapa, kia taea e Tūmatauenga te tū ki runga i ō kōrua puku me te karanga ki a Tūmatakaka.

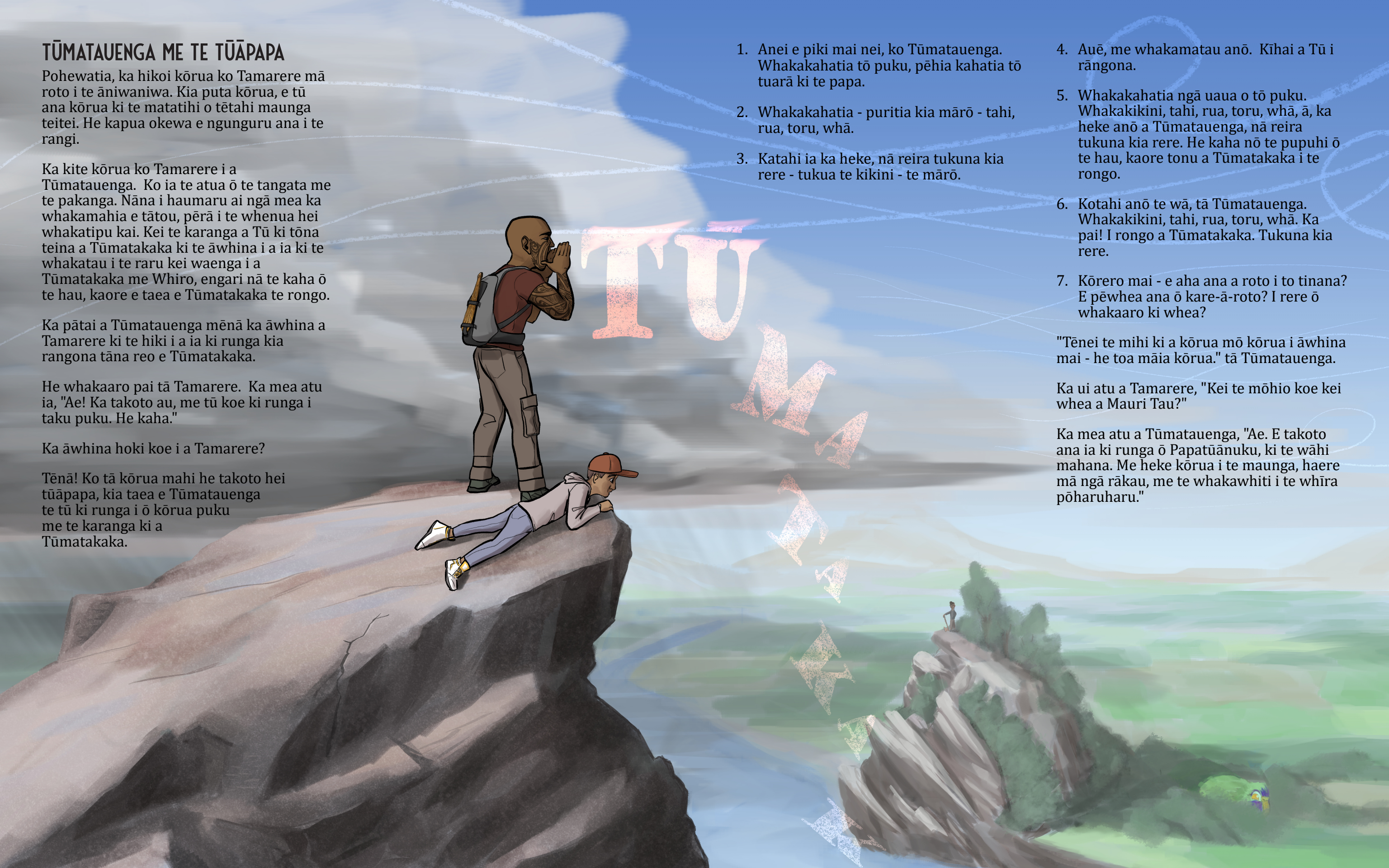
1. Anei e piki mai nei, ko Tūmatauenga. Whakakahatia tō puku, pēhia kahatia tō tuarā ki te papa.
2. Whakakahatia - puritia kia mārō - tahi, rua, toru, whā.
3. Katahi ia ka heke, nā reira tukuna kia rere - tukua te kikini - te mārō.

4. Auē, me whakamatau anō. Kīhai a Tū i rāngona.
5. Whakakahatia ngā uaua o tō puku. Whakakikini, tahi, rua, toru, whā, ā, ka heke anō a Tūmatauenga, nā reira tukuna kia rere. He kaha nō te pupuhi ō te hau, kaore tonu a Tūmatakaka i te rongo.
6. Kotahi anō te wā, tā Tūmatauenga. Whakakikini, tahi, rua, toru, whā. Ka pai! I rongo a Tūmatakaka. Tukuna kia rere.
7. Kōrero mai - e aha ana a roto i to tinana? E pēwhea ana ō kare-ā-roto? I rere ō whakaaro ki whea?

"Tēnei te mihi ki a kōrua mō kōrua i āwhina mai - he toa māia kōrua." tā Tūmatauenga.

Ka ui atu a Tamarere, "Kei te mōhio koe kei whea a Mauri Tau?"

Ka mea atu a Tūmatauenga, "Ae. E takoto ana ia ki runga ō Papatūānuku, ki te wāhi mahana. Me heke kōrua i te maunga, haere mā ngā rākau, me te whakawhiti i te whīra pōharuharu."



TE HONO KI A PAPATŪĀNUKU

I tā kōrua taenga ki ngā rākau kei te take o te maunga, ka kite kōrua i te pōharuharu ō te whīra. Ka kī a Tamarere ki a koe, "Ko te mahi ināiane he whakawhiti i te pōharu ō Papatūānuku. Ka haere mai koe?"

Tēnā pohewatia, kei te hikoi kōrua mā roto i te pōharu mākū, hāpiapia. Ka totohu ō waewae ki te paru, ka rumakihia ō turi. He pūāhuru te mahana me te kūrurari.

1. Nō reira, panaia mā o kaha katoa ō waewae ki roto i te paru.
2. Wiriwirihiā ō matiwaē anō nei e kōrori ana koe i te paru, puritia ō waewae kia pērā tonu, tahi, rua, toru, whā.
3. Ināiane, tukua kia rere. Tukuna kia māmā mai i runga i ō waewae ki raro. Aro ki te āhua o ō waewae, i te wā ka whakangā koe.
4. Mahia anō. Panaia ō waewae ki te takere ō te paru, whātorohia ō matiwaē ki mua, ka āta wiriwirihiā. Kei te rongo koe i te kutētē o te pōharu mā ō matiwaē? Whātoro tonu, tahi, rua, toru, whā. Tukua kia rere.
5. Whakamutunga, whātoroa ō waewae, ā, pēhi ō waewae ki raro. Āta whakawirihiā ō matiwaē, tahi, rua, toru, whā, ā, tukua kia rere.
6. Kōrero mai - e pēwhea ana tō tinana? Kei te aha ō kare-ā-roto? I rere pēwhea ō whakaaro?

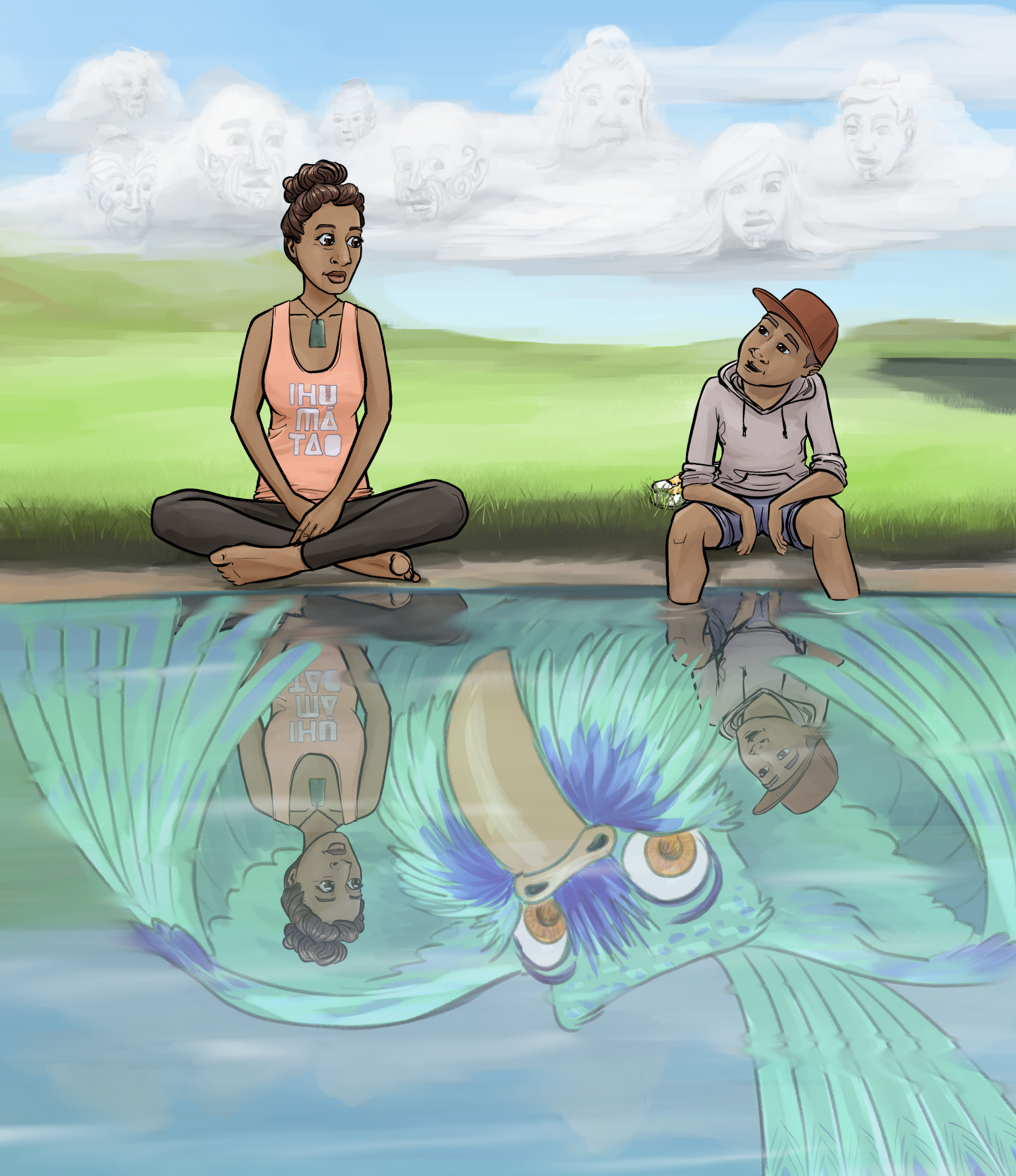
Ka pai! Kua puta kōrua i te pōharu.

Ka pai ki a koe te horoi i ō waewae?

Ka kitea e kōrua tētahi puna waiwaiā, puna wai marino - puna wai māori.

Ka kī a Tamarere. "Me horoi atu tāua i te paru, me te whakatā hoki."





TE KITENGA I A MAURI TAU

Pohewatia ka titiro kōrua ko Tamarere ki te puna, katahi ka kitea e kōrua he whakaatahanga ō Mauri Tau e menemene ana ki a kōrua. Ka titiro whakamuri, engari kaore ia i reira. Kei reira kē te whāea o Tamarere a Maia, e noho ana.

"I kitea a Mauri Tau?" tana pātai.

Ka whakahoki a Tamarere, "Ki taku whakaaro, āe. Kei roto ia i a au?"

"Ae." te whakautu ā te whāea. "Kei roto a Mauri Tau i a koe. Kua ako koe i ētehi o ngā huarahi ki te kimi i a ia ki roto tonu i a koe. Maumahara, kei ngā wāhi katoa ngā atua. Kei ngā wāhi katoa ō rātou tohu. Kei te hau, kei te pōharu, kei raro i te pūāhuru o te rā. Ki te aro me te whakarongo koe, ka whakaatahia e rātou he tangata whakahirahira koe, e arohaina ana koe, ā, i te wā e hiahia ana, ka taea e koe te tū kaha."

Ko tā Tamarere, "Kei te pai ake taku ngākau ināiane. E rekareka ana au ka kite anō i a nanny rāua ko koro. Ka tā pea au i tētahi pikitia mā rāua kia kite rāua e whakaaro nui ana au ki a rāua."

"Katahi te whakaaro pai, māku e tuku. Nā, i te pikinga ake o tō wairua, tirohia ngā āhuatanga o tō ngākau me tō tinana kua mātau nei koe ki aro atu me te rongo atu ināiane," te kī ā Maia.

1. He aha e rongona ana e koe i tō hā? He hā ngāwari, pērā i te kōmuri ō Tāwhirimātea? He hā hohonu? He pāpaku rānei? Kei te tere? Kei te āta haere rānei?
2. He aha e rongona ana e koe i tō kanohi, tō kauwae hoki? Kei te kikini ano nei i te ngau kaha koe, kei te pārore rānei?

3. He aha e rongona ana e koe i ō ringa me ō pokohiwi? Kei te rongo i te kikini pērā i te wā i te kukume koe i Tama-nui-te-rā? Kei te tau rānei?
4. He aha e rongona ana e koe i tō ringa? Kei te kikini pērā i te kutētē i te muka, kei te māmā rānei?
5. He aha e rongona ana e koe i tō puku me tō tuarā? He kikini? He wāhanga e pīngore, e pārore ana?
6. He aha e rongona ana e koe i ō waewae?
7. Pēwhea ngā kare-ā-roto? He aha ngā kare-ā-roto e rangona ana?
8. Tae rawa ki ō whakaaro? E aro ana ki ngā mahi ō nāiane, o ngā wā ō mua, kei te aro kē pea ki ngā mahi e whai ake nei rānei?

I ngā wā e pouri, e auē rānei ana koe, mēnā kua ngoikore rānei, pohewatia kei te āwhina koe i a Māui, i a Hine-te-iwaiwa rānei. Ka taea e koe te kūtete muka, te pupuri rānei ki te rā. Aro atu ki ngā hiahia o tō tinana me ō kare-ā-roto. Mēnā e hiahia ana koe ki te whakatau, mā ēnei mahi a Mauri Tau e kitea ai.

Mēnā kei te pā mai te mauri oho, pērā i te riri, te pororaru rānei, ā e hiahia ana koe ki te kimi i a Mauri Tau, whakamahia te kōmuri ō Tāwhirimātea ki te hā. Whakakahahia rānei tō kauae pērā i a Muri-ranga-whenua. Ka haere mai a Mauri Tau ki a koe i te wā ka aro koe ki tō tinana, ki ō whakaaro, me ō kare-ā-roto.

Ka huri a Tamarere ki a koe, me tana kī, "Nga mihi taku hoa. He ngāwari kē ake ki tō taha. Mā te haratau i ēnei mahi tūmatarau, ka pai ake tā tāua kimi i a Mauri Tau."

HE TOHUTOHU MŌ NGĀ MĀTUA,

E arahina ana tēnei pūrākau me ēnei mahi e ngā mātauranga Maori ō ngā pūrākau. Mā te pūrākau ka *“contextualise and find meaning in the events of everyday life and then identify culturally and spiritually acceptable pathways for their resolution”* (Rangihuna, Kopua and Tipene-Leach, 2018. p16) ngā Maori.

Kei roto hoki i tēnei pūrākau ngā tikanga haumanu hei āwhina i ngā tamariki me ngā pakeke e mamae, e riri, e āwangawanga rānei ana. Ko te progressive muscle relaxation (PMR) te aronga matua ō tēnei pūrākau. He whakawhānuitanga tēnei ō te whakaakoranga pāroretanga i tukuna e Debra Ballinger rāua ko Paul Hine i te tau 1991.

Ka hono te PMR ki te guided imagery, mindfulness, me te āta hā. E whai ana tēnei i ngā whaikupu e kī ana mā te honohono i ngā āhua-ā-mahi ka pai ake te pārore ō ngā tamariki (Schroeder & Gordon, 2002; Palermoa, 2012). Ka rangona e ngā tamariki te kōhukihuki ki roto i ō rātou tīnana. Mai i tēnei, ka puta mai tētahi negative feedback loop: ka mōhio te tamaiti e kōhukihuki ana ia, ā, ka kino ake nā tana mōhio. Ko te tere kapa o te manawa, te tere me te poto o ngā hā, te kaumīngomīngō o te whakaaro, me te kīkīni hoki ngā tohu o te kōhukihuki. Ka whakamutu te PMR i tēnei kōhuki mā te arahi i ngā tamariki ki te aro ki te kīkīni, kia rongo hoki ki te ngaro o te kīkīni, mā tērā, ka ako ki te whakahaere i te kīkīni. Mā te whakaiti i

te kīkīni uaua me te tuku kia hou mai te mauri tau, ka puta mai tētahi positive feedback loop, ka mōhio ake ngā tamariki ki ō rātou tīnana, me ngā whakaaro me ngā kare-a-roto hoki. Nā tēnei, ka ngāwari ake, ka tere ake, ka tika tā rātou urupare.

Mā te guided imagery ka āwhina i te pōhewatanga ō ngā tamariki, ka whakarata i a rātou ki te mahi PMR, ki te whakatū hoki i tētahi wāhi haumanu e pai ana mō rātou, ahakoa kei whea (Kase & Ledley, 2007). Ka āwhina te tau-ā-roro (noho-puku mindfulness) i ngā tamariki ki te aro ki ngā wheako ō taua wā tonu, me ā rātou urupare ki aua wheakoranga (Rempel, 2012). Ka taea hoki e te āta hā te whakatau i te hia kori o te tīnana me te māharahara (Terai, Shimo, & Umezawa, 2014). Ki te mahi ki te taha ō ngā tamariki Māori, he mea nui, ki roto i ngā tikanga haumanu ka kōrerotia te āhua me te wheakoranga o ngā kare-ā-roto, me ngā ara e whāia ana e tātou kia tae ki te ora. Ki te maha ō ngā Māori, ka rangona, ka puta hoki ngā kare-ā-roto i te tīnana. Nā tērā, kaore ngā kare a roto e noho wehe i ērā atu taha o te tangata i roto i ngā whakaoranga; inā hoki, ka ora mā te kotahitanga ā te tīnana, te wairua, te whānau, me te taiāo (Smith and Wirihana, 2012).

Kua wāwāhitia te pūrākau, *Kei Whea A Mauri Tau*, hei raupapatanga o ngā wāhanga mahi, e hāngai ana ia mahi ki tētahi wāhanga ō te tīnana. Hei tauira, ko te mahi o 'Ka hopu a Māui i te Rā' e hāngai ana ki te kakī me ngā pokohiwi.

NGĀ KAIKO, ME NGĀ WHĀNAU

Ka pēwhea tō tautoko i te whai ā ō tamariki i ēnei mahi?

He maha ngā momo huarahi hei tautoko i te āta whai, i te whai hua hoki ā ngā tamariki i ngā mahi ō roto i tēnei pūrākau.

Anei ētahi whakaaro.

1. Kimihia ngā pūrākau e kōrerotia ana e te puka, hei panui ki ō tamariki. Mā tēnei, ka pai ake te hono ō tō tamaiti ki ngā kōrero me ngā mahi ō tēnei puka. Kei te whārangi e whai ake nei tētahi rārangi ō ngā pūrākau.
2. Aro anake ki tētahi mahi kotahi mai i te pūrākau i te timatanga o ngā haratau. Toiaitia, katahi ka matapakihia ngā kupu hou me te whakamahinga o aua kupu, pērā i te hā ki roto, te kuku tō hā, hā ki waho, te whakakikini, te kutētē, me te tuku kia rere. Hei te wā ka ngākau titikaha tō tamaiti ki taua mahi, koke ki ngā mahi whai muri. Ka haere te wā, āta whakaūngia ngā tūmahi nei, whakamātau ki te whakaoti i te katoa ō ngā mahi i te pānuitanga kotahi.
3. Whakaritea he wā rite mō te haratau i ngā mahi ō te puka. Tērā pea kei te roanga i te rā he wa pai ki te whakatau i te wāhi, i mua rānei i te moe. Ā muri i te panui i te kōrero, kei pai ki te whakatangi noa i te hopunga reo kia haratau tō tamaiti i ngā mahi.
4. Kōrero ki tō tamaiti e pā ana ki ōnā kitenga i ngā wā ō ēnei mahi. Whakamahia ngā pātai ō roto i te puka hei whakatimata i ngā kōrero. Ka taea hoki te kōrero e mō ngā momo mauri, pērā i te mauri noho, mauri tau, me te mauri oho, ngā kare-ā-roto rānei, pērā i te tutū, āwangawanga, hihiko, riri, harikoa, wana, pukuriri me te aha atu.
5. I te wā ka rongo tō tamaiti ōna kare-ā-roto me ōnā kīkīni, pātaihia ia kia whakamārama e ahatia ana, kei whea e rangona ana, ko tēwhea kare-ā-roto hoki e wheakohia ana. Tautokohia tō tamaiti ki te hanga i āna ake kupu mō ngā kare-ā-roto e whakamārama tika ana i tāna i rongo ai me tāna i mahi ai. Ka āwhina tēnei ki te ako ki te kōrero mō te oranga pai, me te whakapūmau i tōna māramatanga ki tōna hononga ki ngā tāngata, ki tōna taiao, te tīnana, me ngā kare-ā-roto.
6. Hei te wā kua wāea tō tamaiti, pātai pea ko tēwhea atua hei kaiarahi i a ia i tona kimi i a Mauri Tau. Tohutohungia kia haratautia kia kotahi anake o ngā tūmahi, kia tuhono atu ki terā atua i tōna anō taiao mā te puta ki waho, te unu i ōna hū, te tū ki runga i a Papatūānuku, me te rongo i te hau maīangi o Tawhirimātea.
7. Whakaakiakihia tō tamaiti ki te tā, te whakakara rānei i a Mauri Tau, me te kōrero e pa ana tona rite ki te tuhinga o Mauri Tau.
8. Hei te wā kua matatau tō tamaiti ki ngā mahi ō roto i te puka, whakamatauhia te timata i tētahi rā me tētahi ō ngā mahi ō te puka hei whakamahana i te tīnana. Mēnā rānei ka kite koe kei te kōhukihuki tētahi tamaiti, pātai ko tēwhea mahi Mauri Tau hei mahi māna. He hononga tō ia mahi ō te pūrākau ki ngā atua, ki te taiao māori rānei.

E whai ake nei ngā mahi, me ngā pūrākau i
takea mai ai ngā kōrero o tēnei puka.
Tirohia ēnei puka ki te ipurangi, ki ngā
wharepuka, ngā toa puka rānei.

Te kōmuri ō Tāwhirimātea
Kāhu and Hōkioi

Tāne me te ngārara
Tāne and the Baskets of Knowledge

Te kauwae ō Muri-ranga-whenua
Māui fishing up Te-Ika-ā-Māui

Ka hopu a Māui i te Rā
How Māui slowed the Sun

Te raranga ki te taha ō Hine-te-iwaiwa
Hine-te-iwaiwa, weaving, the moon, and
childbirth

Tūmatauenga me te tūapapa
The Battle at Te Paerangi

Te hono ki a Papatūānuku Aroha's Way.
The Separation of Ranginui and
Papatūānuku

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Ēhe! Titiro! He whārangi hei whakatae!

