

TE MAURI RERE

ME PĒHEA E PUTA AI TŌ IHU I TĒNEI MATE

Te Ratonga Taurima Ākonga

*"kia kaha ake te puta o te ihu i ngā mahi whare wānanga,
kia pakari tonu - taha whaiaro, taha tangata"*

Ngā Ratonga Ākonga

Te Kunenga ki Pūrehuroa

Te Papaioea

He aha tēnei mea, te mauri rere?

Ko tētahi tino pūtakenga o te mauri rere, ko tētahi pōkaikahatanga kua pā ki a koe i nā tata nei. He rite te mauri rere ki te mānukanuka kino nei, engari ka ohorere tana whakaatu i a ia. Me te aha, tērā ka matakū te tangata mauri rere ki te haere ki ngā wāhi tūmatanui, kei puta ohorere ko te mauri rere. Tērā e pai ana tō noho, taro ake, kua ngāngā, kua hiaruaki, kua takaänini. Ka ngau kino te mate nei ki te tinana, me te kaha wehi anō i te taha. Ko te māharahara o ētahi, kua hē te manawa, kua roro ikura, kua pōrangihia rānei.

He aha ōna tohu?

- te ngāngā, te hē o te whakahā
- te hotohoto o te manawa (ka tere ake, ka hē rānei te pāpātanga)
- te wiriwiri, te māueue o te tinana
- te whakaaro e rāoa ana koe
- te pairuaki, te ngau o te puku
- te kēkerewai o ngā ringaringa, o ngā waewae
- te takaänini; te waewae tatutatu
- te whakaaro kua wehe motuhake koe i a koe anō
- te heke o te werawera, te tinana pūkākā
- te wehi kei mate koe
- te wehi kua pōrangi koe, kua tihähä rānei

Me aha au ina mauri rere au?

- Ahakoa he hanga whakawehi te mauri rere, kāore koe e whara i a ia. Whakamahara i a koe ko ngā tohu i runga nei, e tohu ana kua mauri rere koe, ehara kau i te mea taihoa koe ka hemo.
- I te nuinga o te wā, hei te ekenga o te meneti tuawhā ka tino kino te mauri rere – kia pau te 10 meneti, kua pai haere. Nō reira kia maumahara koe taihoa koe ka ora ake i te mate nei.
- Me mahi koe kia warea koe ki tētahi atu kaupapa. He mea nui te āta whakahā. Āta hopukina te hau ki te ihu, ā, kia tino pōturi te tuku atu i te hā mā te waha. Meahia atu tō ringa ki tō puku, kia rongo ai koe i te pupuhi o tō puku ina uru atu te hau i tō tinana. Kia rongo anō koe i te heke o te puku ina whakahā koe. Ina pupuhi, ina heke ko te puku, kaua te poho, i a koe e whakahā ana, kua mōhio koe kei te tika tō mahi. Kia toru ngā whakahā pēnei, kātahi ka hoki ki te whakahā māori. Arā nē, ki te roa rawa koe 'whakahā hōhonu' ana, tērā koe ka takaänini, i te mea ka nui rawa te hāora i tō tinana. Kia whakahā māori koe mō tētahi wā poto, kua pai anō te whakahā hōhonu.
- Kaua e mahi ki te aupēhi i te mauri rere – he pai ake te tatari kia pau tōna kaha.

Me kimi āwhina nei au mō tēnei mate?

Ka pā te mauri rere ki te tangata kotahi o roto i ia tekau tāngata. I te nuinga o te wā, ka hua ake te mauri rere i tētahi momo pōkaikahatanga, ā, kāore e puta ake anō i muri mai. Ina pērā, hei aha pea te kimi āwhina; ko te mea nui e mārara ana koe ki ngā tohu, ā, me pēhea te whakataki i te mauri rere.

Heoi, arā tētahi toru örau o te taupori he rite tonu te puta ake o te mauri rere i a rätou. Ki te kaha puta te mauri rere, tērā ka raru tō kawē i a koe anō, ka wehi koe ki te uru ki ngā kaupapa i māmā ki a koe i mua atu. Ina pēnei, me kimi āwhina ka tika.

Me whakaatu pea ö tohu mate ki te tākuta, māna e whiriwhiri mēnā ka whaihua tō toro i tētahi kaiārahi, kaimātai hinengaro rānei.

He kaiārahi ā mātou i te Ratonga Taurima Ākonga, mā rätou koe e ārahi ki te whakataki i tō mauri rere. Ka āwhina anō rätou i a koe ki te tiro tiro i ngā take i hua ake ai te mauri rere, ki te whakatakoto rautaki anō hei whakamahea i te pōkaikaha.

Ki te hiahia whakarite wā koe hei hui tahi ki tētahi o ā
mātou kaiārahi i Te Ratonga Taurima Ākonga, waea mai ki a
Julia i 350 5935.

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