

Wāhanga 1-3

Te Atawhai i a Tamaroto

Ngā Rauemi: Papamā, pepa hāpiapia

Kei ‘He Tai Pari’, e **wheta** ana a Ari ki te kite i tōna ngākaupai - e kaha kitea nei e ētahi atu . Kua kōhatu tēnei tūwhakaaro i a ia. Nā te uaua o te tuhituhi me te pānui ki a ia, ka whakaponotia he koretake. Toaitia ana te kōrero nei ki a ia anō, ka mutu, kimihia ana e ia ngā take, ngā **heitara** ā ētahi atu hei whakaū i tēnei pōhēhē ōna. Arā noa atu o tātou pōhēhē mō tātou anō, heoi, i ētahi wā he pōhēhē noa iho.

Matapakina e te akomanga whānui te whakaaro nei; i te nuinga o te wā ko koe tonu rā tōu nā kaupatu. Ka whakawai ngā pōhēhē nei i ōu whanonga, ka mutu, ko te putanga iho pea he **whakatakē**. He hua rānei tō Ari pōhēhē he koretake ia, nā te **papatoike** o tētahi kaupapa ki a ia? He aha i **huakore** ai, i **nenekara** ai? Me i kitea e tētahi a Ari e purei poiwhana ana ka kīia rānei ia he koretake?

Mā ia tauira ētahi kupu hahani mō rātou anō hei āpiti ki te puna kōrero. **Māna**, mā te pepa hāpiapia kē ngā whakaaro hei tuku – kei **horokukū** te tauira ki te kōrero i mua i te marea. Kia mutu ana, rapangia ngā pepa ki tētahi haurua o te papamā, **me te aha**, ko ngā kupu **whakamiha** a tēnā, a tēnā mō rātou anō ka whai mai, ka tuhia ki te pepa, ka whakakī i tērā atu haurua o te papamā.

Uia ngā tauira ki te whakataurite i ngā kupu o tētahi taha i tētahi, ahakoa e whakamāramatia ana te tangata ōrite. Ki te whakamana te tauira i ngā kupu hahani anake, he aha te pānga ki ōna kare ā-roto, ōna whakaaro, ōna whanonga, tēnā i te whakamana anake i nga kupu whakamiha.

Nā Whakaaro ko Whanonga

Ngā Rauemi: Tirohia tēnei:

Me mārama ki te tauira - ko ōu kare ā-roto te kaiārahi i ōu whanonga.

Māharahara ana a Ari he kūare noa iho ia ki te pānui, ka mutu, ka parepare atu i te mahi, me te aha, kāore āna mahi e eke ki te taumata tika.

Kēmu whakataurite: Kia 8-12 ki ia rōpū. Me weherua te rōpū, ka mutu, ko tētahi haurua me whakaingoa i tētahi kare ā-roto , i tētahi whakaaro hei waha mā ia tangata. Ko tērā atu haurua me whakaingoa i tētahi whanonga hei waha mā ia tangata. Kimihia te whanonga e haere ngātahi ana ki te kare ā-roto, ki te whakaaro, ā tūhonotia hei takirua. Me kōrero e te takirua nei ētahi tauira e hua mai ai tōna whanonga i tōna kare ā-roto. Wānangatia e te akomanga ngā tauira nei.

Rapua te Mea Ngaro

Ngā Rauemi: Patapatai ā-hiko <https://www.allright.org.nz/tools/strengths-finder>

I konei, kua kā te ahi o Whakaaronui ki tēnei kaupapa . Tukuna ngā tauira ki te whakaoti i te patapatai ‘All Right?’ hei mahi takitahi rānei, hei mahi ā-akomanga rānei. Ko te hua, he kimi i ngā kura huna, i ngā āhua autaiā a tēnā a tēnā. Māu, mā tētahi pakeke rānei ngā tauira hei rēhita ki te pae tukutuku nei, ka mutu, ka whāia te **wea** e hāngai ana ki te taiohi.

Uia ngā tauira ki te whakahua i tētahi āhuatanga māna e tino pīrangi ana kia kitea e te katoa. Tuhia te ingoa me te tino āhuatanga nei o te tauira ki te pepa hāpiapia - hei whakamahinga mā te kaiako me ngā pakeke. Pātaihia ngā tauira me whakaatu ēnei kōrero ki whea - mā te whakairi rānei ki te pātū, mā te rapa ki tōna pūtīaki mata rānei, hei mahinga toi rānei.

Wāhanga 4-6

He ako i a tātou kōrero

Ngā Rauemi: He pukapuka, he pūrere rānei ki te hopu i ngā whakaaro Kua tirohia e tātou ngā hua o ō tātou whakaaro, ō tātou kare-ā-roto ki ō tātou waiaro.

Kaua noa iho mā ēnei whakaaro, ēnei whakapono e tohutohu ōku kare-ā-roto, tōku waiaro;
i ētahi wā kua pōhewatia kē e Hirikapo he kōrero hei tohutohu i a tātou kia pēnei, kia pēnā.

He kōrero tō tēnā, tō tēnā.

Ka whakaemihia e tātou ngā i taunakitanga i ō tātou wheako, ō tātou tāngata hei whakaū i te pono me te tika o ēnei kōrero.

I ētahi wā he momo whakakaha ēnei kōrero, me te mea ai hoki, ka hiki i te māia o te tangata ki te whakatutuki i ōna wawata. Engari, i ētahi wā ka hurirapa ngā whakaaro, nā ka papaki ngā tairo a Kupe.

Kei ‘He Tai Pari’, he māharahara nui tō Ari. E māharahara ana ia kāore ōna pūkenga pānui me te tuhituhi i te tino kaha, me te aha, ka māharahara ia ka tae te rongō ki ōna mātua, ki tōna kaiako hoki.

Uia ngā ākonga mō ētahi tauira o ngā momo māharahara e pā ana ki a rātou i te kura.

Tipakohia kia rua, ki toru rānei ngā kōrero hei whakamahinga ake.

Hei tauira, ka whakautu mai “he ninipa nōku, kāore e taungaki te hākinakina”
Uia ngā tamariki mō ētahi taunakitanga e tautoko ana i ēnei momo
kōrero/whakapono.

Ka taea rānei rātou ētahi taunakitanga te whakaara e whakahē ana i ēnei momo
kōrero/whakapono?

Pātai atu ki a rātou ka aha ēnei momo whakapono ki te waiaro o te tangata, ka
mutu, te whakawhanaketia o ō te tangata pūkenga hākinakina.

Ka taea e rātou tētahi **takaoraora** te whakaaroaro ake, e māharaharatia ana nō
rātou i te kura?

Tonoa ngā tauira ki te tuhi, ki te **patopato** rānei i tētahi āhukatanga e māharahara
ana kāore pea e tino eke ana. Tuhia hoki ngā kōrero e kī nei he tūturu tēnei
māharahara ōu.

Ka taea e ētahi akomanga tēnei tūmahi te whakawhiti, te tuku taunakitanga hei
whakahē i ngā pōhēhē o tēnā, o tēnā.

Heoi anō, mēnā kāore āu tauira i te rite ki te whakawhiti, tohua ngā tamariki ki
te whakaaro ki ētahi kōrero hei whakahē i ēnei tūwhakaaro, me te aha, tuhia
aua kōrero.

Te Hiringa Mahara

Ngā Rauemi: Tuhinga **āmiki** nō ngā taumahi o mua.

Whakatakina ngā kōrero mō te huatau o te hiringa mahara. Ko te hiringa mahara
he huatau e mau nei tātou mā tātou anō, mā ētahi atu rānei, me te aha, nāwai i
whakaaro ka whai kiko, ka tūturu te huatau nei.

Hei tauira, ki te whakapono koe kāore tō kaiako e rata ki a koe, tēnā pea ka
kōtiti, ka hōhā rānei tō waiaro ki taua kaiako.

Ko te hua o tēnei momo waiaro, ko te tahuri o te kaiako ki te whakaatu i ngā
momo waiaro hei whakaū i ō whakapono e kī mai ana kāore te kaiako e rata ki a
koe.

E kite ana ngā tauira he hiringa noa iho nō ō rātou mahara ngā kōrero i tuhia e
rātou? I tika rānei ngā whakapae i whakaarotia e rātou?

Ka taea hoki e koe tētahi wheako nō tō tamarikitanga te kōrero hei whakatauirai
tēnei mea, i te hiringa mahara.

Ākina ngā tamariki ki te kōrero mō ā rātou akoranga hiringa mahara me tētahi
nō tōna whānau ake, ka mutu, me pātai hoki taua mema whānau mēnā ka taea e

ia tētahi wheako pēnei nō tōna whakatipuranga te whakahua mai. Ka whakahua i tō tētahi atu wheako rānei.

Taupoki-kore

Ngā Rauemi: He whakaatu i ngā taumahi taupoki-kore

Tuatahi, tukuna tētahi tauira ki te whakatauirā i tēnei taumahi i mua i te pātai atu ki te rōpū/akoranga ki te whakamātau atu.

Meatia te tauira ki te tū ki tō te papamā taha.

Meatia te tauira kia whātoro i te ringa kotahi kia pā te kapu o te ringaringaa ki te papamā, kia hāngai te whātorohanga ki o rātou pokohiwi.

Kia ū te kapu o te ringaringa ki te papamā nō tōna tinana ka huri atu i te papamā, ā, me huri tonu kia rangona rā anō te renarena i tōna pokohiwi.

Me mahara te akomanga ki te tawhiti i huri atu ai te tauira.

Meatia te tauira ki te whakamoe i ōna kamo, ka pohewatia anōtia taua taumahi rā, heoi, me whakaahua e ia ka kotahi pūtu kē anō te tawhiti o te huri atu.

Kia tōai anō te tauira i te taumahi nei, ka mutu, me mātua aro te tauira me ngā ākongā ki te tawhiti o tōna huri atu. He whitiāhua whakatauirā e iri ana i tō mātou paetukutuku.

Ākina taku titiro ki tēnei ao hurihuri

Ngā Rauemi: He ika-tiakere ki tētahi pēke **kirihou-nihokati**, hei whakatauirā i o māharahara **aupēhi** i a koe.

Me ika-ā-Whiro, kei ika-paremo: Hoatu tētahi ika tiakarete ki ia tauira mā tētahi pēke nihokati. Kāore hoki e taea e rātou te kai i te ika tiakarete, ā ka takina te pakiwaitara nei::

“He pakiwaitara tēnei mō tētahi ika nui, mō Pata, i te noho ki tētahi **taika** nui i tētahi taiwhanga pūtaiao. I te taika te ika, nā te mea, i te mātaihia ia e ngā kaimātai pūtaiao.

Mauri tau ana ia. Ngata katoa ana te noho. Kia paramanawa ana, ka makere ngā kaimātai pūtaiao i tētahi ika paku ki tōna taika. Ka apuaputia e Pata ngā ika rā. I tētahi rangi, i panoni ngā kaimātai pūtaiao i te rautaki. Kīhai i makere i ngā ika paku ki te taika, engari i utua kē ki tētahi **ngongo kōata**. I waihangatia te ngongo nei e rere noa ai te wai mā roto. Ka mārāma te kite a Pata i ngā ika pakupaku i te ngongo.

Ka hiakai ana a Bob, ka whāia e ia ngā ika pakupaku rā i te ngongo. Koinei āna kai! Ka panaia te ngongo ki te pātū o tōna taika.

Ka nui ake te hiakai i a ia, nā, ka nui ake hoki te ngana i a ia. Ka tukituki a Bob i te ngongo ki tōna hiku, ka mutu, ki tōna tinana hoki. Tukituki ana, tukituki ana, nāwai, ka mate kai rawa.

Tāria te wā, ka mārama ki a Bob e kore e taea e ia ngā ika pakupaku te kai ahakoa pēhea.

Nā reira, ka mutu tana whaiwhai i ngā ika pakupaku.

Me te aha,ka panoni anō ngā kaimātai pūtaiao i tā rātou rautaki.Ka tangohia i te taika te ngongo e kī ana ki ngā ika pakupaku, ka tuku noa iho ki te taika nui a Pata. He aha rānei te hua ka whai mai?

Akene pea i hākari nui a Pata, engari **auare ake**. Nō te kai e **kautū** noa ana i te takiwā, ka takoto kau noa a Pata ki te tou o te taika, **matapōuri** ai. He aha i kore ai a Bob i kai i ngā ika pakupaku? **Matarehu** ana te whakautu, ahakoa tōna **waingōhia**. Kīhai ia i whakapono ka taea e ia. Ngaro ana te whakapono, ngaro ana hoki ko te hiahia ki ngā ika pakupaku rā.

Mea atu ki ngā tauira kua āhei rātou ki te kai i ngā ika tikakarete ināianei. Nō rātou e kai nei, meinga atu ki a rātou kia whakaarohia tētahi wā i **tūrākahatia** rātou e te māharahara.

Ka māia rānei tētahi ki te kōrero ki te akomanga mō ōna wheako ake? Ko te painga atu pea mehemea ka whakatauiratia e koe, e te kaiako, tētahi wheako nō tō whakatipuranga, tō oranga rānei. Ka taea pea hoki ngā kaimahi, ngā mātua rānei te pōhiri mai ki te kōrero mō ō rātou wheako.

Tohungia te māharahara nui

Ngā Rauemi: He pepa nui mō ngā mahi toi a te akomanga, ētahi pukapuka ‘He Tai Pari’.

Whakahokia o ō ngā tauira whakaaro ki ngā māharahara o Ari mō te ako. I tohungia tōna māharahara nui? He huarahi kē anō hei āwhina i a ia?

Pātai atu ki ngā tauira, he aha a rātou rautaki tohu i te māharahara nui? He aukati rānei kia kore e whakararu mai? He tuku rānei hei kaupapa kōrero ki tētahi atu? He whakaaro o ētahi mō te whakatau i te hinengaro o te tangata nōna e māharahara ana?

Mā te akomanga hei waihanga tētahi **pānui** e kī ana i ngā kupu āwhina a tēnā, a tēnā - hei tauira: **‘Ko te kai a te rangatira, he kōrero, ‘he rau ringa e oti ai, ‘i orea te tuatara ka patu ki waho’ aha atu.**

He haerenga mutunga-kore-tēnei mea te ako I tū poto te haerenga mutunga-kore o Ari i ōna anō pōhēhē, ngā pōhēhē i aupēhi i tōna ngākau.

Tēnā, kia whakaaro ake ngā tauira ki o rātou haerenga mutunga-kore, arā, o rātou haerenga ako. Uia ngā tauira ki te pātai nei: He hua ako rānei tō te whai i huarahi kē atu , i tēnei “haerenga” āu?

Ka pēhea ngā whakaaro o te hunga e māia ana, e kaha ana te ako? He aha te āhua o tēnei momo tauira? Ākina ngā tauira ki te āta mātai i ngā tohu māia, tohu māia o ō rātou hoa.

E ai ki ia tauira, he aha ngā kupu ake hei whakamahi mā te katoa ki te whakawana i a ia ki te whai tonu i te huarahi tika, kia māia tonu te ako?

Wāhanga 7-8

Tāwharautia

Ngā Rauemi: He papamā, pepa, pene, ngā pukapuka ‘He Tai Pari’.

He wā ōna ka warea tātou e te māharahara, ka mahue te atawhai i a tātou anō, me te aha, ka hēmanawa katoa a Roto.

He mea nui te mahara ake he wā tōna ka rangirua pēnei i a Ari, ā, ka māharahara. ”E hoki anō te kupu ki te waha - kao.” Mā te akomanga e kimi ētahi huarahi hei tautoko i te tauira nōna ka māharahara mō te akoako.

Ko wai ka āwhina i o ia tauira māharahara i te kura, i te kāinga, i ō rātou **ūepu** whānui? Tuhia ngā whakautu ā te katoa ki te papamā.

Me tā e ngā tauira e toru porowhita **pūrite** ki muri i te pukapuka ‘He Tai Pari’, ki wāhi kē rānei. Tuhia ki te porowhita iti ngā hoa pūmau kei tōna whānau pea e taea ana te toro atu ki te kōrero mō ōna māharahara. Tuhia ki te porowhita o waenga ngā hoa haere o te wā nei. Tuhia ki te porowhita o waho ngā pakeke e taea ana te āwhina.

He mahi rānei e taea ana e te katoa ki te āwhina i ō rātou hoa ako, i ngā tēina o te kura rānei ki te toro atu mō te awhina. He mahi rānei e taea ana e te kura ki te hāpai i tēnei kaupapa? Mā te kohi pūtea rānei ka hanga ai i tētahi [tūru](#)

[whanaungatanga](#)?

Ka hiahia rānei ki te āwhina o ōna hoa? Māu te akomanga e tautoko ki te wānanga i te huarahi whakamua.

Tuhia tō te akomanga kōrero

Ngā Rauemi: He papamā/pepa/hangarau hei tuhi i ngā whakaaro.

Kua nui te kōrerotia o te whakaaro, he **kōrero** tō tēnā, tō tēnā tangata. Engari he kōrero anō tō ngā whānau, ngā pakihi, ngā akomanga, me ngā kura hoki.

Pātaihia ngā tauira he aha ngā kōrero e tika ana mā tēnei akomanga.

He aha rānei ngā panonitanga ā-waiaro, ā-whakaaro hoki e tutuki ai tēnei kōrero?

Ka pēhea tā rātou kimi taunakitanga hei whakaatu i tō tēnei kōrero?

Me pēhea te tangata e mōhio nō rātou tēnei kōrero?

He aha hei mahinga tuatahi mā rātou, mā te akomanga?

Ka pēhea rānei tā rātou whakaatu i tēnei kōrero e marama ai ki te rāwaho?

Nā Whakaaro ko Whanonga (Taha Whakaaro)

Kāore pea he hoa mōku.

Kāore pea e taea e au ngā whakarea te mahi.

Kāore pea e pārekareka te kauhoe ki tātahi me tōku māmā.

E kore pea au e tohua mō tētahi tīma.

Ka hapa pea taku tuku mihimihi mēnā kei mua i te aroaro o te akomanga.

Ka kōhetengia au e taku whaea mō tōku hīanga nōku i tōna kāinga.

E kore pea au e rata te kai harore, nā te kī mai a tōku tuakana he kawa rawa.

Nā Whakaaro ko Whanonga (Taha Whanonga)

Kāore au e kai harore, he mōhio nōku e kore au e rata atu.

Kāore au e parakatihi i ngā whakarea, he kūare nōku kāore rawa e taka ai te kapa.

Ka heahea, ka pakirara ahau, i te mea, ka kōhetetia ahau e taku whaea ahakoa pēhea.

Nāi taku kaha āwangawanga mō tāku kauhau ka mau tōku puku, me te aha, e kore au e haere ki te kura hei te rangi tuku kauhau.

Ka whiwhi mahi kē au i te wā hākinakina hei huna i tōku hiahia ki te takaro.

Kāore au e hari i ōku kākāhu kauhoe ki tātahi hei karo i te kauhoe me tōku māmā.

Kāore au e kōrero ki tangata kē atu e kore ai rātou e mōhio e kimi hoa ana ahau.

GLOSSARY

Māori	Pākehā	Sentence
Taka	to prepare, to get ready	Ko tō tinana tēnei e taka ana ki te turaki i aua "weh" rā
Whakarapa	Unfortunate, unlucky	Ko te mea whakarapa kē, kia pēnei ana te waiaro me uaua ka tōtika ngā whakaaro
Taumahi taumārie	Mindfulness exercise	Taumahi taumārie
Weruweru	flannel, piece of garment	He weruweru wera, makariri rānei ki tō kakī
Whakapārore	relaxation	Ngā tukanga whakapārore
Wheta	to struggle with	Kei 'He Tai Pari', e whea ana a Ari ki te kite i tōna ngākaupai...
Heitara	accusations, comments, defamation	Toaitia ana te kōrero nei ki a ia anō, ka mutu, kimihia ana e ia ngā take, ngā heitara ā ētahi atu...
Whakatakē	to criticize negatively	Ka whakawai i ngā pōhēhē nei i ōu whanonga, ka mutu, ko te putanga iho pea he whakatakē.
Papatoiake	to be difficult	He hua rānei tō Ari pōhēhē he koretaki ia, nā te papatoiake o tētahi kaupapa ki a ia?
Huakore	to be pointless, of no purpose	He aha i huakore ai, i nenekara ai?
Nenekara	foolish, illogical, ridiculous	He aha i huakore ai, i nenekara ai?
Māna	she/he will, who will, used in	Māna, mā te pepa hāpiapia kē ngā whakaaro hei tuku...
Horokukū	be reluctant, disinclined	kei horokukū te tauira ki te kōrero i mua i te marea.

Me te aha	and as a result, consequently	rapangia ngā pepa ki tētahu haurua o te papamā, me te aha, ko ngā kupu whakamiha...
Whakamiha	complimentary	ko ngā kupu whakamihia a tēnā, a tēnā mō rātou anō ka whai mai...
Wea		Ka whāia te wea e hāngai ana ki te taiohi.
Takaoraora	struggle	Ka taea e rātou tētahi takaoraora te whakaaroaro ake, e māharaharatia ana nō rātou i te kura?
Patopato	type	Tonoa ngā tauira ki te tuhi, ki te patopato rānei i tētahi āhuatanga e māharahara ana kāore pea e tino eke ana.
Hiringa Mahara	Self-fulfilling	Self-fulfilling prophecy
Tuhinga āmiki	Notes	Tuhinga āminga mō ngā taumahi o mua
Pēke Kirihou-nihokati	ziplock bag	He ika-tiakarete ki tētahi pēke kirihou-nihokati.
Aupēhi	to weigh down, oppress	hei whakatauiria i o ō māharahara aupēhi i a koe
Me ika-ā-Whiro, kei ika-paremo	Be like that of an experienced warrior, not that of	
Taika	Tank	He pakiwaitara tēnei mō tētahi ika nui, mō Pata, i te noho ki tētahi taika nui i tētahi taiwhanga pūtaiao.
Ngongo kōata	Glass Tube	Kīhai i makere i ngā ika paku ki te taika, engari i utua kē ki tētahi ngongo kōata
Akene Pea	perhaps, maybe, probably	Ākene pea tokotoru kē nei āna wāhine.

Auare ake	no such luck, not a chance	an idiom used to indicate that something was not, or will not be, be achieved.]
Kautū	to wade	Nō te kai e kautū noa ana i te takiwā, ka takoto kau noa a Pata ki te tau o te taika, matapōuri ai.
matapōuri	to be sad, gloomy, depressed	ka takoto kau noa a Pata ki te tau o te taika, matapōuri ai.
Matarehu	to see unclearly, dark.	Matarehu ana te whakautu, ahakoa tāna waingōhia
Waingōhia	to be talented.	Matarehu ana te whakautu, ahakoa tāna waingōhia
Tūrākahatia	to be overburdened, weighed down	Nō rātou e kai nei, meinga atu ki a rātou kia whakaarohia tētahi wā i tūrākahatia rātou e te māharahara
Māharahara nui	to be extremely anxious, preoccupied, worried.	Tohungia te māharahara nui
Pānui	Poster	Mā te akomanga hei waihanga tētahi pānui e kī ana i ngā kupu āwhina...
Ko te kai a te rangatira, he kōrero.	The food of the leader is knowledge, is communication	
He rau ringa e oti ai	with many hands make light work	
I orea te tuatara ka patau ki waho	A problem is solved by continuing to find solutions	
aha atu, aha atu	and so forth	
He haerenga mutunga-kore - tēnei mea te ako	The journey of seeking knowledge - is never ending.	

Ūepu	company, party, crew, group	Ko wai ka āwhina i o ia tauira māharahara i te kura, i te kāinga, i ō rātou ūepu whānui?
Pūrite	concentric	Me tā e ngā tauira e toru porowhita pūrite ki muri i te pukapuka 'He Tai Pari'
Kōrero	story	Kua nui te kōrerotia o te whakaaro, he kōrero tō tēnā, tō tēnā tangata.