

Ka pēhea te whakamahi?

He pērā i ngā tarau roto o ia rangi, heoi, he maha ngā apa kei ngā tarau roto ikura nei e hāneanea ai, e maroke hoki ai koe. He āraitanga turuturu kore hoki e taea ai te whakangā o te kiri.

 KIA HAUMARU MŌ NGĀ HAORA 8-10

Atawhaitia a Papatūānuku

He tini ngā tau e whakaero atu ai ngā kope me ngā puru taiawa mahinga tukutahi. Mā te āta tiaki, ka **pai ngā tarau roto ikura mō tōna 50 horoinga**.

 KA PAI MŌ TE 50 HOROINGA

Kei te āmaimai rānei koe?

Mehemea ko te wā tuatahi tēnei māu, me tīmata mā te whakamātau i te wā e ngāwari ana te rere o te toto, ā, i te kāinga hoki koe. Mō te tūpono ka raruraru koe, puritia he puru taiawa, he kope, he tarau roto ikura anō hoki. Ki te pēnei koe, ka kite he aha te painga ki a koe me tō rerenga toto. He rite tonu te puritanga toto o ngā tarau roto ikura ki ngā puru taiawa e 2 ki te 4. Mā tēnei āhua e mōhio ai hei āhea koe panoni ai i tō tarau roto ikura.

Ka taea rānei te whakamahi i ngā tarau roto ikura, hei aha ērā atu hautaonga ikura?

Āe marika! He pai noa **te whakamahi i ngā tarau roto ikura anake, te whakamahi rānei me ērā atu hautaonga ikura** (pēnā me te kope, te puru taiawa me ngā kope tūai).

Ka haunga rānei?

E kāo. Kua whakaritea he apa patuero i ngā tarau roto ikura hei patu i te haunga me ngā huakita. He kaha hoki ēnei tarau ki te pupuri toto, kia maroke, kia pai, kia haumaru hoki koe mō ngā hāora 10. Kia maumahara ki te whakahou i ō tarau roto ikura kia hāngai ki tō ikura.



HE RITE TE PURITANGA
TOTO KI NGĀ TAIAWA
E 2-4 RĀNEI

Kei te pai rānei te mau i ngā tarau roto ikura i ngā pō?

He pai ngā tarau roto ikura i te ao, i te pō. E kaha ana te apa pupuri ki te tiaki i a koe ina takoto ai, nā reira ka pai noa koe i ngā wā moe.



I TE AO, I TE PŌ

Kia hia ngā tarau roto ikura mōku?

Ko te tikanga, mā tō rerenga toto e tohu atu kia hia mōu. Hei āpitihanga ki te whakamātau i te whakaae kia riro i a koe ngā tarau roto ikura e ono ki ngā rahinga rerekē. Ki te whakamahi i ngā tarau roto ikura anake, ka nui pea te ono. Ki te whakamahia tēnei hautaonga me ērā atu hautaonga ikura, me

2-3 ngā tarau.

 KIA 5-7 NGĀ TARAU ROTO
MŌ TŌ IKURA

Te horoi i ōku tarau roto ikura

Me horoi pērā i ngā tarau roto o ia rangi. Kia mutu te whakamau, me opeope, ā, raua atu ki te pūrere horoi kākahu **kia horoia ki te wai makariri**. **Me whakairi ki waho**, kaua e raua atu ki te pūrere whakamaroke kākahu – ka raru te apa pare wai.

 HOROIA KI TE WAI MAKARIRI



Mā te horoi e whakakore i te toto me ērā wai ikura?

Āe! Mā te opeope me te horoi ki te hopi, e tango i ngā para tinana.

E pai ana te horoi i ngā tarau roto ikura me ōku kākahu o ia rangi?

Āe, engari ko te mea nui, me kōrero tahi ki tō whānau mō ngā whakaaro e hāngai ana ki ā koutou tikanga. I reira ka mōhio, e pai ana te horoi tahi ngā tarau roto ikura me ngā kākahu o ia rangi, te horoi rānei i ngā tarau roto ikura anake, te aha atu rānei. Engari, kia kaua e whakamahi te waikōmā me te hopi perehunga.

Auē! Kua raua atu ōku tarau roto ikura ki te pūrere whakamaroke kākahu!

Kaua e mānukanuka – ki te whiua ki te pūrere whakamaroke kākahu i tētahi wā, tētahi atu wā anō, ka pai tonu te whakamau. Heoi, me kaua e pērā i ngā wā katoa ina mutu ana te horoi – ka raru te apa pare wai i te wera o te pūrere.

 WHAKAIRIA KI WAHO,
KUA E RAU KI TE PŪRERE
WHAKAMAROKE KĀKAHU



KŌWHIRIHIA TE TUKURUA

Atawhaitia a Papatūānuku



Te Kāwanatanga o Aotearoa
New Zealand Government



KIA MAROKE, KIA PAI, KIA
HAUMARU MŌ NGĀ HĀORA 10



KA PAI MŌ TE 50 HOROINGA



HE RITE TE PURITANGA TOTO KI
NGĀ PURU TAIAWA E 2-4 RĀNEI



I TE AO, I TE PŌ



KIA 5-7 NGĀ TARAU ROTO
MŌ TŌ IKURA



ME HOROI NOA IHŌ



WHAKAIRIA KI WAHO,
KAUAE RAU KI TE PŪRERE
WHAKAMAROKE KĀKAHU

KŌWHIRIHIA
TE TUKURUA
Atawhaitia a Papatūānuku



Ikura
Manakitia te whare tangata
Period Products in Schools



He whakamātauau kura
Wāhanga 1-2
2023

He aha aua ipu ikura?

He ipu iti, he pīngore, he pere te āhua kua hangaia ki te takawai, ki te rapa rānei. Ka kohi te ipu i te toto, kaua ko te pupuri i te toto. **Ka tangohia te ipu i ngā hāora 4-12** (kei te tikanga o te ikura te tohu), putua, horoia, ka whakauru atu anō.



TANGOHIA IA 4-12 HĀORA

He aha ngā painga o ngā ipu ikura?

He pai ngā ipu tukurua mō te whakaukatanga o tō ikura. **He pai mō te taiao**, ā, e rima tau te roa o te whakamahinga o ngā ipu. Tēnā, ka iti iho ngā para mō te taiao, mō Papatūānuku.



PAI MŌ TE TAIAO MŌ NGĀ TAU E 5

He haumaru rānei ngā ipu ikura?

Āe. E haumaru tonu ai ngā ipu ikura, me kaha tonu **te horoi, te patuero me te tiaki tika** i tō ipu. Mā ēnei mahi e pare i ngā huakita, i ngā tahumaero, me ngā mōreareatanga o te pūkenga me te mangeo rānei o te kiri. He rite ki ngā puru taiawa, ākene ka pā mai te Matenga Tāokenga o te Toto – me whai aro tonu rā koe.



HEI TE MUTUNGA O TŌ IKURA
ME PATUERO

Ka taea rānei te tākaro hākinakina ina whakamahi ana te ipu ikura?

Kei te pai noa iho te kawe i ngā mahi o ia rangi. Heoi, māu e kōwhiri ko tēhea te mea e tika ana mōu i tō wā ikura.



Te whakamahi i tō ipu ikura

He rite tonu te whakauru atu o te ipu ikura ki tērā o te puru taiawa. Mēnā koinei te wā tuatahi mōu, whakamātautia te whakapuru i te wā kore tō ikura.

1. Horoia ō ringaringa.



2. Kōtea te ipu kia piri.

3. Pōkaia te ipu kia rite te āhua ki te pū 'C'.

4. Kia tau koe, kātahi ka āta whakaurua te ipu ki tō taiawa.

5. He puru kei te ipu hei kapi i te taiawa e pai ai te kohi i tō toto, kia kore hoki e turuturu.

6. Ki te tango i te ipu, āta kumea te kakau o te ipu ki raro.

7. Putua, horoia, ka whakauru atu anō i ia 4-12 hāora, e ai ki te tikanga o tō ikura.

Te horoi

Nō muri atu i te putua o te ipu, **me horoi anō ki te wai mahana** i mua i te whakaurutanga atu ki te taiawa.

Te patuerotanga

Patuerohia tō ipu hei te mutunga o tō ikura. Engari, ko te mea nui, me kōrero tahi ki tō whānau e hāngai ana ki ā koutou tikanga. I reira ka mōhio, ko tēhea te mahi tika māu mō te patuero.

Anei ētahi whakaaro:

Ka riro mai anō tētahi kōpaki patuero hei whakamahi ki roto i te ngaruiti.

1. Huakina te taupoki. Whakakīia ki te wai makariri ki te rārangī kei te tapa o te kōpaki.

2. Me huripoki te ipu. Katia te taupoki ki te here tuatahi, kia whai āputa te mata – he mea nui tēnei i te mea me whai wāhi te hau inā whakaweratia ana te wai.

3. Raua atu ki te ngaruiti mō te kotahi miniti ki te pāwera teitei (ki te ngaruiti 1000 te waekaha)

4. Kia tūpato, waiho kia mātao, he wera hoki.

5. Tangohia te kōpaki patuero, huakina te taupoki, whakawāteahia te wai.

RAUA KI TE NGARUITI
MŌ TE 1 MINITI

Ka taea hoki te paera i tō ipu ikura ki te kōhua mō te rima miniti hei kōwhiringa patuero anō. Ka pai hoki kia whakaritea he kōhua motuhake, kaua e whakamahi mō te kai.

RAUA KI TE KŌHUA
MŌ TE 5 MINITI

Te puritanga

Whakamahia tāu kōpaki patuero ki te tiaki i tō ipu, e pai ai hoki te kawe. Raua atu te kōpaki ki te pēke iti, e pai ai te kawe.

