



ME MŌHIO I MUA I TE HAERE

Te TIKANGA Noho Haumaruru i te Wai

I mua i te uru ki te wai me whai mōhio ki Te Tikanga Noho Haumaruru i te Wai o Aotearoa.

Ētahi ture māmā e 4 e noho haumaruru ai koe:

- 1 Kia noho takatū**
Me ako ki te kauhoe me te noho ora, ka whakatakoto ture me pēhea te tākaro haumaruru i rō wai. Whakamahia tonutia ngā utauta haumaruru, tika hoki, ka whai mōhio ki ngā āhuatanga o te huarere me te wai i mua i tō urunga atu.
- 2 Me noho matakana ki a koe anō me ērā atu**
Me āta aro tonu ki ngā tamariki kei roto i te wai, kei pātata rānei, e manaakitia ana rānei e koe. Me kaukau i te taha o ētahi atu, i ngā wāhi hoki kei reira ngā pouora.
- 3 Kia mataara ki ngā pūmate**
Me uru atu ki te wai pāpaku, ki te wai tē mōhiotia mā ō waewae i te tuatahi, ka tautuku ki ngā pānui haumaruru me ngā haki whakatūpato katoa. Kaua e uru atu ki te wai i muri i te inu waipiro.
- 4 Me mōhio ki ō ngoikoretanga**
Me whakamātau tonu koe i a koe anō ki ō kaha me tō mōhio. Akona ngā tikanga haumaruru o te whakaora i ētahi atu me te ārai i te mōrearea ki a koe.

Kei te wātea anō:

Te TIKANGA Noho Haumaruru i te Poti

Te TIKANGA Noho Haumaruru i Waho





ME MŌHIO I MUA I TE HAERE

Te TIKANGA Noho Haumaruru i Waho

I mua i te haere ki ngā takiwā i waho me whai mōhio ki te Te Tikanga Noho Haumaruru i Waho o Aotearoa.

Ētahi ture māmā e 5 e noho haumaruru ai koe:

1 Whakamaheretia tō haere
Me kimi mōhiohio i ngā tāngata whenua o te rohe, ka whakamahere i te ara ka whai koe, me te wā e tika ana ka oti i a koe.

2 Whākina ō mahere ki tētahi tangata
Whākina atu ō mahere ki tētahi tangata me te hoatu i te rā me whakaara te tangata mēnā kāore anō koe kia hoki mai.

3 Kia mataara ki te huarere
Tino matawhawhati ai te huri o te huarere i Aotearoa. Me whakarongo ki ngā tohu huarere me te mōhio ka puta ohore mai ngā huringa huarere.

4 Me mōhio ki ō ngoikoretanga
Me whakamātau tonu koe i a koe anō ki ō kaha me tō mōhio.

5 Kia nui tonu te heri kawenga
Kia nui tonu te heri kai, utauta, kākahu me ngā ō e rawaka ana, me tētahi pūrere tauwhitiwhiti tika, mō te tūpono raruraru nui. Herea he pūrere tauwhitiwhiti e tika ana.

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ME MŌHIO I MUA I TE HAERE

Te TIKANGA Noho Haumaruru i te Poti

I mua i tō haere mā runga poti i ō tātou moana, roto me ngā awa, me whai mōhio koe ki te Tikanga Haumaruru Poti o Aotearoa.

Ētahi ture māmā e 5 e noho haumaruru ai koe:

- 1 Ngā kahu kautere**
Me heri – Whakamaua
Ka tere totohu ngā poti, otirā ngā mea iti iho i te 6m te roa. Mā te mau kahu kautere ka roa ake te wā e ora ai koe i roto i te wai.
- 2 Te takohanga o te kāpene**
Kei te kāpene te takohanga mō te haumaruru o ngā tāngata katoa kei runga i te poti, me te whakarite kia haumaruru te whakahaere te poti. Me noho ki te kaha o tō waka me tō mōhio.
- 3 Tauwhitiwhiti**
Haria atu ētahi pūrere tauwhitiwhiti taupā wai e rua kia āhei ai mātou te āwhina i a koe mēnā ka rarururu koe.
- 4 Te huarere ā-tai**
Tino matawhawhati ai te huri o te huarere i Aotearoa. Me whakarongo ki ngā tohu huarere ā-tai o tō rohe i mua i tō haere me te mōhio ka tere huri te huarere me te āhuatanga o te moana.
- 5 Kaua e inu waipiro**
Kāore e haere tahi ana te haumaruru i runga poti me te inu waipiro. Ka tere huri pea ngā āhuatanga i runga wai. Me noho matakana, me noho mataara koe.

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