





Hoake tātou i tēnei
haerenga hei toa tiaki niho.
Huakina mai i konei e mātau
ake ai!

Tē Mēneme o Atahua o Tō Tamaiti!

Tamaiti: Kia rua ngā wakunga niho ki te pani niho pūkōwhai ia rā, inarā hoki, hei muri i te parakuihi  hei mua i te moe  tōku ingoa.

Waku Niho ā-Whānau: Kia rua ngā wakunga niho i te taha o tāu tamaiti ia rā! He tikanga pai tēnei mō tōna oranga. Ka toko tēnei mahere i te mahara i a kōrua e waku niho ana. Tohutohu: Kia rerekē ngā tae mō ia huānga. Tuhia ō rātou ingoa i raro iho:

Huānga

Huānga

Huānga

Huānga

I waku niho ahau (whākano i raro iho)

Wiki 1

Activity grid for Week 1 with 7 days (Rā 1 to Rā 7). Each day has a sun and moon icon and a row of five circles for coloring.

Wiki 2

Activity grid for Week 2 with 7 days (Rā 8 to Rā 14). Each day has a sun and moon icon and a row of five circles for coloring.

Wiki 3

Activity grid for Week 3 with 7 days (Rā 15 to Rā 21). Each day has a sun and moon icon and a row of five circles for coloring.

Wiki 4

Activity grid for Week 4 with 7 days (Rā 22 to Rā 28). Each day has a sun and moon icon and a row of five circles for coloring.

I waku niho ahau i te ata me te ahiahi mō ngā rangi _____.

I waku tahi tōku whānau i ngā niho i te ata me te ahiahi mō ngā rangi _____.

Hikina Te Mānuka Kei Te Taupuni Ātea

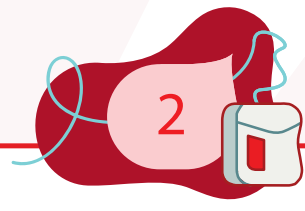


Kua kōkiri tō tamaiti i te ara ako ki te tiaki tika i ngā niho ki te kura. Māu tō tamaiti e tautoko ki te kāinga i roto i tēnei kōkiritanga mā te whakaū i tēnei rautaki. Tautokona tō tamaiti ki te “Hiki i te Mānuka” mā te whakatauiria i te āhua o te Toa Tiaki Niho!



Whakamahia te pani niho pūkōwhai ki te waku niho hei muri i te parakuihi, hei mua i te moe

- Whakamahia te pani niho pūkōwhai me tētahi paraehe tarakina ngohe mō ngā tamariki 18 marama, ā, pakeke atu.
- Wakua a runga, a raro, a mua, a muri o ngā niho, waihoki rā te arero!
- Whai paraehe niho hou ia 3 marama. Hei Māramatanga: Aukatingia te rere o te wai i a koe e waku niho ana. Ka tiaki tēnei i te wai. Tōna 15 rita te rahi ia rā.



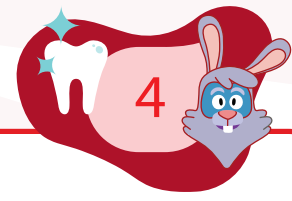
Hei te wā ka pā ngā niho, tākirikiri miro i waenga o ngā niho o tō tamaiti

- Āwhinatia tō tamaiti ki te tākirikiri miro kia 8 rā anō ōna tau.
- Takaānautia te niho ki te miro kia hangarite ki te “C”. Tākiri whakarunga, whakararo, kia motukia te kitokito i mahue mai i te waku niho.
- Kautetia tahitia ngā niho o tō tamaiti i a ia e tākiri ana i te miro e pārekareka ai te mahi!



Kia paku noa ngā kai me ngā inu hukahuka

- Kei ia waha te huakita kitokito. Ka hanumi te huka me te kitokito, ko te waikawa te hua. Ko tēnei te ara ki te niho tunga.
- Tukua ngā kai pai pēnā i te huawhenua, i te huarākau, i te waiūtepe.
- Akiaki i a ia ki te inu wai māori, kua ko te waireka.



Kia kaha ki te hokihoki atu ki te puni niho

- Mā te rata niho ngā niho o tō tamaiti e whakawā, e whakapai, e aumiri, e tākirikiri. Ka whakapakari pea i ngā niho ki te pūkōwhai.
- Hei ētahi wā ka whakaahuangia a roto
- Ka ārahi, ka whakautu pātai hoki te rata niho / kaiāwhina.

