

# Te Whaingā o te Mārama

Hei ārahi i te ara mā te  
tuku awhikiri o tāu pēpi

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11 + 12 tau

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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4 tau

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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15 marama

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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12 marama

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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5 marama

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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3 marama

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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6 wiki

Te Mata: .....

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Te rā mō te tuku  
awhikiri:

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Whiro

HE ITI TE NGAO



Tamatea

TUPURANGI



Rākaunui

HE NUI TE NGAO



Tangaroa

WHAI HUA

Ngā mata nui o  
te maramataka

Ingoa: .....

Rā whānau: .....



# Te Whaingā o te Mārama

Te hāpai i ngā kōrero me  
ngā aratohu whakamahi

## He aha te maramataka?

Ko te marama te maramataka Māori. He tukanga i whakamahia e ō tātou tīpuna e ine ai i te rerenga o te wā, e whakamahere ai hoki i te anamata. Ko tōna tūāpapa ko ngā āhuatanga matapae.

I whakamahia te maramataka hei ārahi i ngā āhuatanga katoa o te ora me ngā whakatau. Ka whakamahia hei whakaata i ngā taumata o tō ngao, nā whai anō he rauemi whakamahere pai.

Kei te mihi mātou ki ngā mātauranga nō Te Whānau-ā-Apanui kei roto i te maramataka i whakamahia e mātou i ēnei rauemi. Kei te whakamiha hoki ki a 'All Right?', mōna i renarena ai te taukaea nei, tae ana ki ngā mātauranga o te whānau hoahoa-tahi me ō rātou tīpuna.

## Me pēhea e whakamahi i tēnei rauemi maramataka.

Te Maramataka me te Hōtaka Tuku Awhikiri

1. Whakahāngai matawhaiarohia tō maramataka ki tētahi whakaahua o tāu pēpi (Whakapiria ki muri kia kitea ai e koe tāu pēpi mā te matapihi porokawa).
2. Tuhia te ingoa me te rā whānau o tāu pēpi.
3. Tuhia mai te mata o te marama i te rā i whānau mai ai ia, (whakamahia te rauemi matapihi, kimihia rānei he maramataka i te ipurangi).
4. Mehemea kua whakaritea kētia e koe ngā hui tuku awhikiri, tuhia mai ki te hōtaka. Ki te kore, ka whakamahia pea e koe te maramataka me te utauta matapihi hei āwhina i a koe ki te whakarite i te hui mō tō pēpi i tētahi mata e pai ana ki a pēpi.

### Matapihi

He utauta māmā tēnei hei āwhina i a koe kia kite ake i ngā mata o te marama o te wā. Tiro atu mā te kōhao ki te pō, ka tūhonotia ai te mata i te utauta ki tāu e kite ai i te rangi. Koinei te mata o te marama o te rā nei!

Whakaurua he whakaahua  
o tāu pēpi ki konei kia kitea  
ai e koe mā te matapihi

