

OWHAOWHA

3 – 12 ngā marama



KIA AU TE MOE

E MOE

kia 12-15 haora ia rā
Kia kotahi hoki te moe i te rā

WHAKAWHANAUNGA
me hangareka, me tākaro tahi



Ngōki ana
Tū ana
Ruriruri ana
Hōrapa kau ana

KIA ITI TE NOHO

ĀKINA

Kori, Hōpara te tū me te hīkoi whaitoko



KIA NUI TE NEKE

HEI AHA TE
MATA-HIKO



Ko te tukutuku nei he tohu mō te tangata me ōna tini āhua. Ko te 'maunga' he tohu mō te tamaiti, ko ngā 'muka' o roto he tohu mō te whakapapa, whatumanawa, tinana, wairua, wheako anō hoki o te tamaiti. Nō tātou tonu nei - nō ngā mātua, katiaki, tūpuna, whaea, pāpā anō hoki te haepapa nui ki te whatu i aua muka.