



He Ara Oranga te tarāwaho putanga toiora

Te Whakakitenga: “Tū tangata mauri ora.”

Ka tutuki tēnei inā ka rongō ngā tāngata, ngā whānau me ngā hapori o Aotearoa i ēnei mea e whai ake nei...

Toiora mai i te tirohanga o te ao Māori:

Tino rangatiratanga me te mana motuhake

Ka haumarutia, ka whakatiketikehia, ka whakatinanahia hoki ngā mōtika o te ture, o te ira tangata, o te ahurea, me ētahi atu mōtika o te whānau.

Ka hāngai ngā mōtika ki Te Tiriti o Waitangi me te ao Māori tae atu ki te whakamahinga o te tikanga tuku iho.

Ka hua mai te tino rangatiratanga i te iwi Māori ki te whakatau me pēhea ratau e puāwai. He maha ngā āhuatanga o te tino rangatiratanga.

Ka whakamanahia ngā mōtika o te whānau, hei painga mō Aotearoa.

Whakaora, whakatipu kia manawaroa

E pakari ana te ahurea o ngā whānau; ka puāwai te tipu o te whānau mā te whakatinana i te ritenga Māori, te tikanga Māori me te mātauranga Māori.

Ka whakapuakina e te Māori ngā hononga mā te tikanga awhi mai, awhi atu, me te whakamahi i te reo me ōna tikanga, ao, pō noa; mai i te wā e poniponi ana.

Ka whakanuia, ka tuaritia te ataahua o te ahurea Māori e ngā tāngata katoa i Aotearoa, huri noa i te ao.

Whakapuāwaitanga me te pae ora

Ka noho Māori ngā whānau ora me te toiora taurite.

Ka riro i ngā whānau ngā rauemi kia ngaruru; tau iho ki ngā mokopuna, he taonga motuhenga hoki.

Ka tatū ngā hiahia a ngā whānau, ā, ka mukua atu ngā tāwētētanga whakatakē.

Ka noho ngā whānau i raro i te maru o te wai ora, te mauri ora me te whānau ora hei whakaputa ki te pae ora.

Whanaungatanga me te arohatanga

Ka puāwai ngā whānau i roto i te taiao o te arohatanga me te manaaki.

Ka matomato te tipu o ngā kaupapa me ngā reanga katoa o te whakapapa whānau.

Ka whakatauiratia ngā torokaha o te whakawhanaungatanga hei taunaki i te hononga pai me te noho tau. Ka whakatinanahia te kotahitanga.

Wairuatanga me te manawaroa

Ka piki tonu te mauri me te wairua o ngā whānau, tuku iho ki ngā reanga.

Ahakoia e manawaroa ana ngā whānau, ka tipu haere tonu ngā pūkenga me ngā kaha o te whānau.

Kia whakahouhia, kia manaakitia hoki ngā Taonga Māori; ka haumarutia, ka whakanikohia, ka whakakahāngia hoki te hononga ahurea me te hononga wairua a te Māori ki te taiao, ki te whenua, ki te whakapapa me te whānau.

Tūmanako me te ngākaupai

E kauae runga ana ngā whānau.

E whakaaro pai ana ngā whānau ki ngā anamata, ki ngā aronga me ngā wawata motuhake.

Kei ngā whānau ngā rauemi me ngā āheitanga ki te whakatau me te whakarite i ō rātou ake anamata.

Toiora mai i te tirohanga whānui:

Ka haumarū, ka poipoitia

Ka noho āhuru ngā hononga a [ngā whānau i roto i te māhaki, i te whakaute me te aroha.

Ka mauri tau ngā reanga pakeke katoa i roto i ō rātou whānau/ rōpū pāpori rānei. Ki te noho momotu ētahi tāngata, ka āhei rātou ki te tūhono anō, kia renarena anō ai te taukaea tangata.

Ka noho haumarū, ka noho whakamaru te whānau, ā, ka wātea i ngā tūkinō me ngā whakawhiu.

Ka noho, ka ako, ka mahi, ka haere hoki ngā whānau ki ngā wāhi haumarū.

Kia riro mai ngā mea e hiahia ana

Kei ngā whānau ngā rauemi kia tipu matomato.

Ka tāpiritia (me ētahi atu mea) ko te pūtea, ko te haumarū pūtea, ko te whai wāhi ki ngā kai hauora, ki ngā kāinga ora, ki ngā mahi korikori, ki ngā akoranga pūmau, ki ngā toa auaha, me te whai wā ki ngā ngahau pērā i ngā tākaro mā ngā tamariki.

Ka whai tautoko, rauemi hoki ngā whānau hei whakapūmau i te hauora i te roanga o tō rātou orange, ā, kia rongō ai rātou i te mana taurite i te hauora. Ka noho ngā whānau i roto i ngā hapori me ngā taiao tuku hauora, toiora hoki.

Kia whakatinana ngā mōtika me te mana tangata

Ka whai mana ngā mōtika o ngā whānau, ā, ka noho rangatira rātou.

Ka whai wāhi ngā whānau ki te hapori me te pāpori whānui, me te noho wātea i te kaikiri, te ngaukino me te whakaparahako.

Ka whai mana, ka hāngai hoki ngā mōtika o te whānau ki Te Tiriti o Waitangi, ki ngā ture whaipānga o Aotearoa me te ao hoki.

Ka whakatikahia ngā pānga kino o te whakawaimehatanga me ngā takahitanga ō mua.

Kia ora, kia tipu, kia kaha

Ka rongō ngā whānau i te toiora kareāroto. Kia riro ki ngā whānau, ngā pūkenga, ngā rauemi me ngā tautoko hei hautū i ngā auheke, i ngā taero me ngā ngaru whakapuke o te wā, e pakari ake ai te toiora me te manawaroa.

Ka rongō, ka tāroi hoki ngā whānau i ngā tūmomo kareāroto - ka whakanuia ngā kaha a tēnā, a tēnā o te whānau.

Ahakoia ki hea rongohia ai te taumaha me te ngaukino rānei, ka whai tautoko, ka whai pono hoki ngā whānau ki te whakaāhei, ki te whakaora me te whakatipu hoki i a rātou anō.

Kia tūhono, kia whai uara

Ka whai uara ngā whānau, ā, ka wātea ki te whakapuaki i ō rātou tuakiri ake.

Ka tūhono ngā whānau ki ngā hapori i runga i te wairua whai take me te whakaute. Ka tūhono anō ngā whānau ki ngā ahurea, reo, whakapono, hāhi, wairuatanga rānei, ā, ka āhei ki te whakapuaki i ngā uara me ngā mahi ahurea.

Ka whai hononga ngā whānau ki te ao tūroa, ā, ka whakatinana i te kaitiakitanga taiao.

Kia manako nui, kia whai take

Ka whai tikanga ngā whānau, ā, e aro whakamua ana.

Ka rongohia, ka whakautetia ngā whakaaro, kōrero hoki.

Ko ngā whānau tonu ka whakatau i ō rātou take mō ō rātou anamata, ā, ka whai rauemi hei aru i ngā whāinga, ngā moemoeā me ngā wawata.

I roto i te hapori manaaki ka whakataungia ō rātou ake kōwhiringa, ka riro rauemi, ā, ka whakaponotia rātou ki te kimi huarahi mō rātou ake.

Kei pōhēhē he whakamāoritanga te ‘tirohanga ao whānui, o ‘te tirohanga ao Māori’. He hononga tō ēnei huatau toiora, engari ka ahu mai i ngā tirohanga rerekē. He wā ka taea ki te whakatapoko i ngā ‘tirohanga ao whānui’ e te Māori.