

Me pēhea te whai piro ki te nuku i tō tīma



Ko tō tinana me tō hinengaro ō tino taonga. He pānga nui tō ō kōwhiringa iti ki tō mauri, ā, ka āwhina i a koe kia hīkaka, kia mauriora ai hoki tō tākaro, tō ako me tō tipu. E nuku pai ai tō tīma i te papa rēhia ā-matihiko nei, ka wero nei mātou i a koe ki te mahi i ngā mea iti hei ia rā kia whai piro, kia manaakitia hoki tō tinana me tō hinengaro autaiā!

Whāia ngā tohutohu ki raro nei ki te whiwhi piro:

1 Kia kaha te korikori i ngā wā e taea ana

Mā te korikori e pai ai tō tinana me tō hinengaro. Mehemea ka pā mai te ngēngē, he uaua rānei ki te arotahi, tonoa he wā whakatā ki te oma ki waho, ki te mahi piu, ki te kanikani rānei i taua wāhi tonu. Mā tēnei e tau ai tō mauri, ka āwhina i a koe hoki ki te arotahi. Kia kaha ki te kori tinana i ngā wā e taea ana, i ia rā, ā, he pai ake māu kia mahia ki waho!

Mehemea he pū ine hīkoi tāu e whakamahara ana i a koe ki te korikori, mehemea rānei kei te whāia kia 60 meneti te roa o tō “Hahu me te Pahu”, (kei te mahi i ngā mea e rua rānei) ka whai piro koe ki te nuku i tō tīma karaehe.

2 Kia nui te inu wai

E 70 ōrau te rahinga o tō tinana kua hangaia ki te wai, ā, ka pau haere tēnei i ngā wā katoa mā te hā, te kōrero, te korikori, te kai, te mea te mea. He mea whakahirahira ki te whakahoki i te wai nei puta noa i te rā, kei pāngia koe e te ngēngē me te ngoikore. Whāia kia rima ngā karāhe nui o te wai hei ia rā, ā, ka whai piro koe i tēnei!

3 Kia nui te kai i ngā huarākau me ngā huawhenua

Kei te mōhio koe ko ngā kai katoa e kaingia ana e koe ka whakamahia hei whakatipu, hei whakatapi i ngā pūtau o tō tinana me tō hinengaro tapu, nō reira mehemea ka kai koe kia nui ake ngā taiora, ka pai ake tō kaha me tō hauora. Kei ngā hua rākau me ngā huawhenua ngā taiora e tika ana māu. Whāia kia rua ngā hua, ā, kia toru ngā huawhenua hei kai māu ia rā e whai piro ai koe, ā, e hauora ai hoki tō tinana.

4 Me poto te wā mātakitaki whakaata

He nui ngā mahi pārekareka a ngā pūrere (pērā i te Zespri Young and Healthy Virtual Adventure!) engari mehemea ka rahi rawa tō whakamahinga, ka pāngia tō ngoi, te kounga o tō moe, ō piropiro me tō hauora. Ka whai piro koe mehemea ka iti iho te whakamahinga o ngā pūrere. Haere ki waho, tākarohia tētahi kēmu ki ō hoa, ki tō whānau, pānuhia rānei tētahi pukapuka.

He mea tautoko whakahī nā:



5

Me whai wā ki te whai whakaaro

Ko tā te whai whakaaro he aro pū ki tētahi mea. Ka tere whakatau i te hinengaro me te tinana, hei tauira, mehemea kei te ngēngē koe, kei te hōhā rānei, ka wātea koe ki te noho tau me te whakarongo ki tō hā, te hīkoi ki waho me te aro ki ngā manu e rere ana, te aro rānei ki ngā rākau e pīoioi ana. Mā tēnei e tau ai tō hinengaro me tō tinana, ā, ka whakakaha hoki i tō ngoi. Mā tō whai wā ki te whai whakaaro, e whai piro ai tō tīma ki te kōkiri i te papa rēhia!

6

Me whakaiti i ngā kai "matareka"

Ka whakatapi, ka whakaora ngā taiora kei roto i ngā kai e kai nei tātou i ngā pūtau, e mauriora ai, e hauora ai tātou. He hua pai kei ētahi kai, heoi e korekore ana i ētahi atu. Ko ngā "kai reka" pērā i te tiakarete, ngā rare, ngā maramara rīwai, peretō, pihikete, ngā keke, te aihikirīmi me ngā kai ō rangaranga ngā tauira o ngā kai kāore i te tino pai nā te iti o ngā taiora ā-roto.

Hei tauira, ia rā! Whāia kia toru noa iho ngā wā i ia wiki ka kai koe i ēnei kai - Whakatipua, tunua anō hoki ō kai e taea ana. Ka iti iho tō kai i ngā kai matareka nei, ka pai ake ō piropiro, ā, ka nui ake ngā piro ki te nuku i tō tīma karaehe!

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Kia pai te moe

Pēnei i ō matea wai, ki te kore e tino kounga, e rahi rānei tō moe, ka kore tō tinana me tō hinengaro e tipu ki te rahinga e taea ana. Ka hōhā pea koe nā te pā mai o te ngēngē, ka uaua hoki tō arotahi ki ngā mahi pārekareka ki ō hoa me tō whānau. I a koe e rangatahi ana, e tipu mai ana, ko te painga atu kia 9-10 hāora te roanga o tō moe ia pō. Ka kaha ake tō ngoi, ā, ka whai piro koe i tēnei, mō tō karaehe anō hoki!

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Parea te huka ki rāhaki

Ka namunamuā rawa ngā kai i te huka. I mōhio rānei koe mehemea ka kaha tō kai i te huka he kino tēnei mō tō tinana me tō hinengaro, ka mutu kua hunaia te huka i te nuinga o ngā kai e hokona ana e tātou, nō reira kāore pea koe i te mōhio e kainga ana e koe. He māmā noa iho te whai mōhio ki te nui o ngā huka kei roto i ngā kai e kai ana koe. Whāia kia ono tīpune anake te rahinga o tō kai huka i ia rā, kia iti iho rānei i te 24 karamu, ā, ka whai piro mō tō tīma anō hoki!

www.youngandhealthy.org.nz/resources

Kei te pīrangi āwhina?

Īmera mai: supportcrew@teamchallenge.co.nz

