



KIA AU TE MOE

Ki te kore e whai moe pai, ka kūrurururu tō tinana me tō hinengaro.

Ki te hiamoe koe, ka hūkokikoki koe, ka arokore, ā, ka iti iho te uruhau me ngā hoa, te whānau anō hoki.

He pūpoho kōnae i tō hinengaro

He atamai ō tātou tinana me ō tātou roro. Ka tūhono te moe i ngā akoranga hou ki tā tātou e mōhio kē nei.

Kua rokirokitia, e rite ana mō te rangi e whai ake ana!



Me hia te nui o te moe?

I a koe ka pakeke haere, me whai kia 9-10 haora moe. Ko ngā pakeke me eke ki te 7-9.

Ka rongo koe i te nui o te ngao, ka pai ake te aro i te kura, ā, ka nui ake te tau me te manawanui.

Ngā Whakararutanga Moe

He nui ngā āhuatanga e raru ai te moe;

- ngā ataata i mua i te moe,
- te tōmuri o te kai i te pō,
- ngā hākinakina i te ahiahipō,
- ngā rama muramura,
- te rūma mahana,
- te hoihoi me ngā rama.

E au ai te moe;

- me uwhiuwhi i mua i te moe,
- me whakaweto i ngā ataata e 2 haora i mua,
- ka tangohia ai,
- me pōuriuri,
- me mātao ngū tō rūma.

I mōhio rānei koe?

Nōu ka moe, ka whakatika haere tētahi "tira whakapaipai" i ō roro kia rite ai koe mō te ngahau, kia whai ngao anō hoki mō te rā e whai ake ana!



E taea ana te whakapai ake i tō moe?