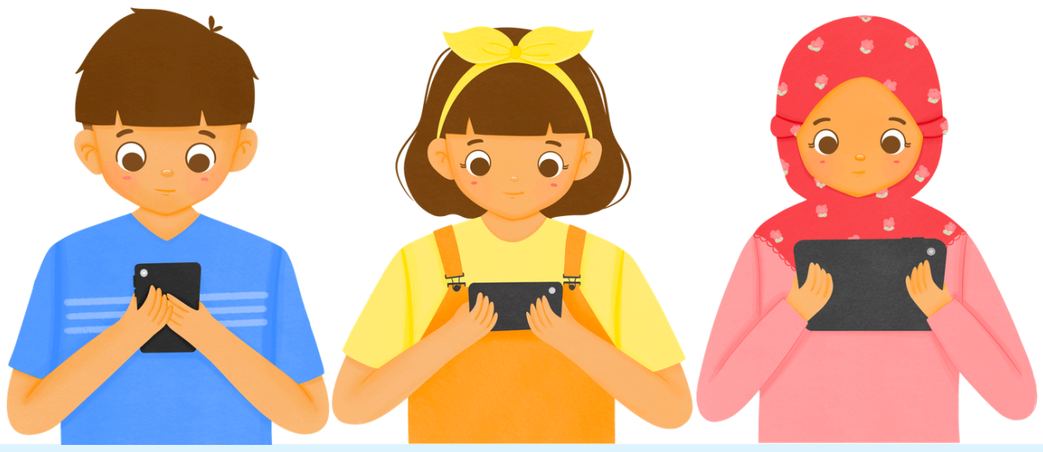
ME WHAKAHEKE I TE WĀ ATAATA

Arā ētahi āhuatanga pai katoa o te hangarau, engari pēnei i te huka, ki te nui rawa, ka raru te āhua o ō tātou piropiro i ia rā.



Me hia rawa te roa e pai ai?

Mō ngā tamariki me ngā rangatahi, kei te pai te 2 haora te roa o te wā ataata, engari ko te painga atu kia iti iho i tērā!

Rata ana ō tātou roro ki te hangarau, engari ehara i te mea e pai ana!

I MŌHIO RĀNEI KOE?

18 miniti i te rā

=

100 haora i te tau..

Whakaarohia ngā mahi hou ka taea te ako mā te whakaheke i te wā whakamahi ataata! E whai wā ai ō roro me tō tinana ki te whakatā.

Ka whai pānga kino ina nui atu te wā e mātaki ana ki te mata;

- tō ngoi
- te nui o tō kori tinana
- te aunga o tō moe
- ō piropiro
- me tō hauora.

Whakamoea ngā pūrere ataata e 2 haora i mua i te moe

e whai wā ai ō roro me tō tinana ki te whakatā.

Mahia tētahi atu mahi;

- e puta ki waho ki te purei kēmu me ngā hoa, me te whānau rānei
- pānuitia he puka,
- āwhina atu me ngā mahi ā-whare,
- ākona tētahi mea hou!

Me iti iho tō whakamahi i te pūrere?