

I ia rā, he PIRIONA mahi e mahia aunoatia ana e tō tinana me ō roro! He āwhina kei roto i ngā kōwhiringa iti.



Kia rite tonu te kori

He ngahau te korikori, ā, mā reira hoki koe e rongorongo ai i te uruhau, e tika ai ngā whakaaro i te akomanga, e au ai hoki te moe. Ka mātua tonu i te 5 miniti kia haumanu ai ō roro me tō tinana.

Me whai kia: 60 miniti neke atu i te rā.

Kia tā te manawa - Kia noho i te ngū

Me uaua ka aro tātou ki ō tātou hā - he mea taunoa. Mā te āta hēhē e mauritau ai, e tā ai te tinana me te hinengaro i a tātou ka rongorongo i te āmaimai, i te riri, i te iti rānei o te ngao.

Whakamahia tēnei ki tāu e pai ai

Mānawatia te Huaora "N"

Ko tētahi o ngā "huaora" pai katoa mō ngā roro me te tinana ko te taiao tonu, he utu-kore, he mana-nui. Ka tutuki tonu i ētahi miniti ruarua i waho - te hīkoi, te haika, te noho rānei i raro i ngā whetū.

Me whai kia: noho ki te taiao i ia rā

Kia tino au te moe

He mea nui te moe mō tātou katoa. Mā te moe e rokiroki ai ō tātou roro i ngā akoranga hou kia noho tahi ai ki tā tātou e mōhio kē nei - e atamai ake ai tātou! Koinei hoki te wā e tipu ai ō tātou tinana, e whakaora ai anō hoki ia i a ia anō kia pakari tonu, kia hauora tonu.

Me whai kia: 8 - 10 haora i ia pō

Tautokona e:

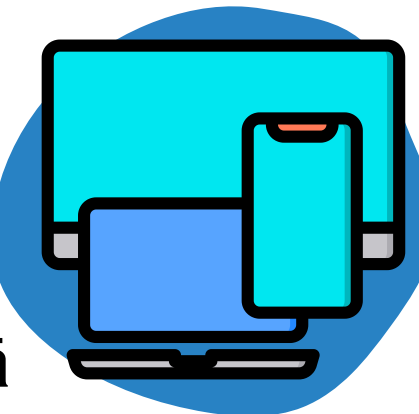


KIA RITE TONU TE "WHAKAŪ" hei āwhina i ō roro me tō tinana whakamīharo

Whakahekea te roa o te wā ki te ataata

He āwhina te hangarau, he ngahau anō hoki, engari e hauora ai te tinana me ngā roro, ko te painga atu kia haere tahi te wā ataata me ngā kēmu, me te pānui, ngā tūmahi, me te noho tahi ki ngā hoa me te whānau

Me whai kia: iti iho i te 1 haora i ia rā



Whāngaitia ō roro me tō tinana.

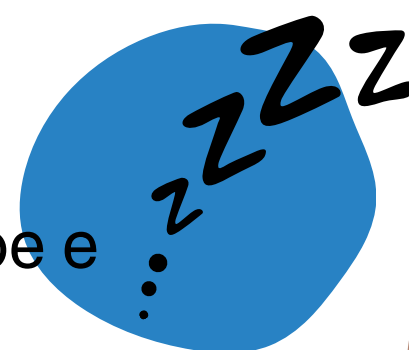
Whāngai ai te kai i ō tātou roro whakamīharo me ō tātou tinana kia taea ai ngā mahi maha, nā reira kaingia ngā momo maha i ia rā

Me whai kia: Kotahi anō huarākau, huawhenua i ia rā

Inu wai

Whāngaitia ō roro me tō tinana. Tōna 60% o tō tinana he wai, ka pau ki te hā, ki te kūnatu, ki te whakaheke werawera me ētahi atu mahi. Kia rite tonu te whakakapi ake hei āwhina i te tinana me ngā roro ki te mahi i ngā mahi huhua!!.

Me whai kia: 5 - 10 kapu i ia rā



Power up!

VIRTUAL ADVENTURE

