

Homai kia rima

Mō ngā ringa mā!

Horōia ō
ringa mō te
20 hēkona



Whakamaroketia
ō ringa mō te
20 hēkona



1 Whakamākūngia ō ringa ki te wai rere. Whakamahia he wai mahana mēnā ka taea.



2 Meatia he hopi ki ō ringa. Horōia mō te 20 hēkona. Whakamahia he hopi waiwai – ko te painga atu tērā.



3 Mirimiringia ō ringa kia mirumiru ai te hopi.



4 Mirimiringia ngā taha e rua o ō ringa...



5 Ki waenganui hoki i ō matimati me ō kōnui...



6 Huri rauna i ō ringa e rua.



7 Ringihia te hopi ki te wai mā e rere ana. Whakamahia he wai mahana mēnā ka taea.



8 Whakamaroketia katoatia ō ringa mō te 20 hēkona. He pai ake he rauangiangi (me tauera mā, maroke hoki mēnā kei te kāinga koe).

Horōia, whakamaroketia ō ringa i ngā wā katoa...

i mua i

te kai, te taka
kai rānei

i muri i

te whakapā atu
ki te kararehe

te tihe, te mare,
te whengu ihu rānei

te tākaro i waho

te haere ki
te wharepaku



Homai kia rima
Mō ngā ringa mā!

Ka mihi atu te Manatū Hauora ki te Poari Hauora o te Tai Tokerau mō te waihanga i ngā rauemi nei.

Te Kāwanatanga o Aotearoa

MANATŪ
HAUORA

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