



ME MŌHIO I MUA I TE HAERE

Te TIKANGA Noho Haumaruru i te Poti

I mua i tō haere mā runga poti i ō tātou moana, roto me ngā awa, me whai mōhio koe ki te Tikanga Haumaruru Poti o Aotearoa.

Ētahi ture māmā e 5 e noho haumaruru ai koe:

- 1 Ngā kahu kautere**
Me heri – Whakamaua
Ka tere totohu ngā poti, otirā ngā mea iti iho i te 6m te roa. Mā te mau kahu kautere ka roa ake te wā e ora ai koe i roto i te wai.
- 2 Te takohanga o te kāpene**
Kei te kāpene te takohanga mō te haumaruru o ngā tāngata katoa kei runga i te poti, me te whakarite kia haumaruru te whakahaere te poti. Me noho ki te kaha o tō waka me tō mōhio.
- 3 Tauwhitiwhiti**
Haria atu ētahi pūrere tauwhitiwhiti taupā wai e rua kia āhei ai mātou te āwhina i a koe mēnā ka rarururu koe.

- 4 Te huarere ā-tai**
Tino matawhawhati ai te huri o te huarere i Aotearoa. Me whakarongo ki ngā tohu huarere ā-tai o tō rohe i mua i tō haere me te mōhio ka tere huri te huarere me te āhuatanga o te moana.

- 5 Kaua e inu waipiro**
Kāore e haere tahi ana te haumaruru i runga poti me te inu waipiro. Ka tere huri pea ngā āhuatanga i runga wai. Me noho matakana, me noho mataara koe.

Kei te wātea anō:

Te TIKANGA Noho Haumaruru i Waho

Te TIKANGA Noho Haumaruru i te Wai

