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Whakawhanake Hātepe

Ināianei kua āhei tātau ki te tāpiri i ētahi hātepe hou ki roto i tō tātau kete, me whakatū tēhea te mea tino whai take, me whakawhanake i aua mea, ā, me rapu hoki ko tēhea te hātepe ka tino āwhina i a tātau ina rongu tātau i te riri, i te māharahara, i te manawa kore, i te whakarika, i te mokemoke rānei.

Rawa atu te mahi o aua hātepe e tātau, rawa atu te māmā ki te hinga i ngā raru ina puta mai i roto i o tātou oranga.

Kei raro iho nei tētahi rārangi whakaatu mō te wāhi e whakaaro ana koe ka taea te whakamahi i aua hātepe. Whakaarohia mehemea he tino whai take aua hātepe ina rongu koe i te māharahara, i te riri rānei, i te manawa kore, i te whakarika rānei, i te mokemoke, i te whakarika rānei.

I roto i te rārangi i raro iho nei, tuhia te hātepe ki te pou wehe ki te taha mauī, ā, i roto i ētahi atu pou wehe, tuhia te wā tino pai hei whakamahi i taua hātepe. Kua whakakīia e mātou tētahi rārangi hei tauira.

Taku Hātepe	Riri Māharahara	Manawa Kore, Whakarika	Mokemoke Whakarika
Te Hā o ngā Matiuu-5 riri & māharahara	Riri, Māharahara	Manawa Kore	
Inu kawhe me tētahi hoa		Manawa Kore & Whakarika	Mokemoke