



Kei te anipā, kei te māharahara rānei koe?

He mea noa te piki o te tūpuhi me te māharahara i roto i ngā āhuatanga hou, i ngā āhuatanga rerekē rānei. Heoi, ki te pēnei tonu te rongō i ēnei kare-ā-roto i ngā wā katoa, ka tino raru tō tātau tinana, ā tātau hononga, me tō tātau oranga whānui. Nā, he aha tēnei mea te māharahara nui?

He aha tēnei mea te māharahara?

Ka taea te rongō i te māharahara pēnei i te matakū, i te āwangawanga rānei e mau tonu ana mō ngā rerekētanga o ngā mea e huri ana i roto i o tātau oranga. He raru hauora hinengaro te māharahara ka taea te whakahoki mai i te oho pukurere, te matakū me te āwangawanga e tino kaha ana, e auau ana, ā, he uaua hoki te whakahaere, i ētahi wā ka tae ki te wāhi e uaua ai te whakatutuki i ngā mahi o ia rā, o ia rā.

He aha ngā rongō o te māharahara?

Kei raro iho nei ētahi tohu ka rongō pea tō tinana mehemea kei te māharahara koe. Kāore pea koe e rongō i ēnei tohu katoa, engari ka rongō pea koe i ētahi o ēnei pānga. Kei raro iho nei ētahi tohu/ tohu mate:

- Te rongō i te oho pukurere, te hāparangi, te tūpato rānei
- Te wiriwiri
- Te werawera
- Te rongō i te māuiui, te raru rānei o te puku
- Te rongō i tētahi araitanga kōpouri, tētahi raru rānei e haere mai ana
- Te rongō i te ngoikore, i te ngenge rānei

- Te hiahia ki te karo i ngā mea e puta ai te māharahara
- Te uaua ki te whakapakari i te whakaaro ki waho o te āwangawanga o tēnei wā
- Te tere o te hā
- Te rongō i te ngoikore, i te ngenge rānei
- Te uaua ki te moe
- Te piki o te tuki o te manawa