

WERO 28!

I TĒNEI RANGI ...

- Ka kawea ētahi o ngā wero i te kāinga, i te kura rānei.
- Whakatutukihia tētahi wero i ia rā mō ngā rā 28.
- Māu anō tētahi wero e kōwhiri mō ia rā, ka whai noa rānei i te raupapatanga.
- Kia oti i a koe tētahi wero, tohua. Mā tētahi anō e tiroiro, māu rānei tētahi whakaahua e tuku ki tētahi paepae haumaruru.

INGOA:

1

ka whakarite au
i tētahi inu wera
mā tētahi atu
i tōku kāinga.

2

ka whai whakaaro
ki te rā kua hipa
ka tuhia ai ētahi
whakawhetaitanga
e toru.

3

ka tae atu au ki
aku akoranga
i te wā tika.

4

ka menemene au
ki tētahi atu kāore
e tino mōhiotia ana.

5

ka koha au i ngā para
e toru, kātahi ka whiu
atu ki te ipupara.

6

ka ako au i ētahi
kīwaha hou, ā,
ka parakitihia me
taku whānau.

7

ka whakamihia au
i tētahi o tōku whānau,
i tētahi hoa rānei.

8

ka waiata au,
i a au e horoi ana.

9

ka wāiho noa au
i taku waea
i ētahi wā.

10

ka whakatau au
i taku mauri mā te
tuku hā ki roto, hā ki
waho kia 10 ngā wā.

11

ka rite tonu taku
tuku mihi.

12

ka tuku mihi au ki
tētahi kiritata.

13

ka tautohu au
i ngā manu e rua
ka kitea e au.

14

ka whakaoti au
i aku mahi o te
kāinga i mua i te
whakamaharatanga.

15

ka aro au ki aku
kaupapa
i te akomanga.

16

ka horoi au i ngā rīhi,
whai muri i te tina.

17

ka tuku mihi au ki
taku kaiako.

18

ka whakaingoa au
i ngā rākau taketake
e toru ka kitea.

19

ka ako au i ngā kupu
Māori hou e rima
kātahi ka whakaako
ki tētahi atu.

20

ka whakaoti au i aku
mahī kura katoa.

21

ka nekeneke,
ka korikori au
i taku tinana -
ka kauhoe, ka hīkoj,
ka hākinakina rānei.

22

ka āwhina au i tētahi
atu ki te tunu kai.

23

ka kimi au i tētahi
hoa hou.

24

ka pānui au i tētahi
pukapuka, rotarota,
mōheni rānei.

25

ka ako au i tētahi
karakia, whakataukī
rānei e pā ana
ki te taiao.

26

ka tautoko au i tētahi
hoa ki te whakaoti
i tana mahi.

27

ka tuku ringa
āwhina au ki tētahi
kaumātua
(ina hiahia e ia).

28

ka tūpore,
ka manaaki au
i ahau anō.

WERO 28!

TODAY I WILL...

- These 'Wero' can be completed either at home or school.
- Complete one challenge each day for 28 days.
- You decide which 'Wero' to do each day or just follow the sequence.
- Tick off each challenge as you complete it - get someone to witness it or "post" an image to a safe learning space.

NAME: _____

1

make someone at home a hot drink.

2
take time to reflect on my day and write three things I am grateful for.

3
arrive at class on time.

4

smile at someone I haven't met yet.

5

pick up three pieces of rubbish and put it in the bin.

6
learn a new kīwaha and practice it with my whānau.

7
compliment a whānau member or friend.

8
sing in the shower.

9

have regular breaks from my phone.

10
relax by practising my breathing, and inhale and exhale 10 times.

11
consistently use my manners.

12
say hello to a neighbour.

13

identify two birds that I see.

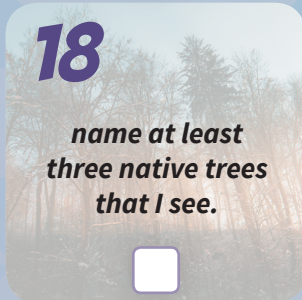
14
do my jobs at home before I am reminded to.

15
pay attention in class.

16

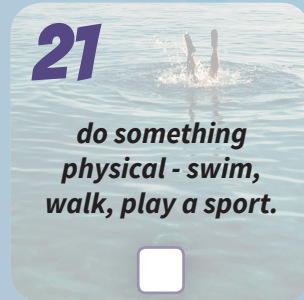
wash the dinner dishes.

17
say thank you to my teacher.

18

name at least three native trees that I see.

19
learn five new Māori words and teach them to someone else.

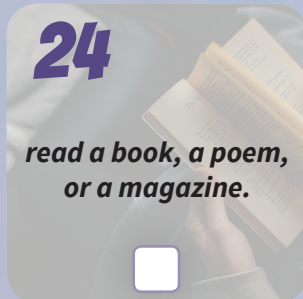
20
complete all my school work.

21

do something physical - swim, walk, play a sport.

22

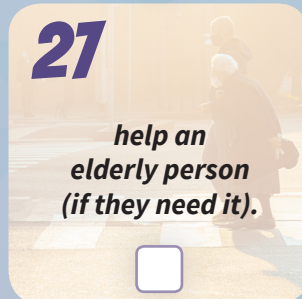
help cook dinner.

23
make a new friend.

24

read a book, a poem, or a magazine.

25
learn a karakia or whakataukī about the environment.

26
support a classmate to do their work.

27

help an elderly person (if they need it).

28
be kind to myself.