

I a koe e whakaaro ki ēnei kōwhiringa, he mea nui tonu te aro ki ō ake whakapono, ō ake whakaaro me ērā ō te whānau hoki

# Te pēhanga toto

He mate whakamōrearea mate manawa me te mate ikura roro



Ma te **tautoko** koe e awhi, na reira ko wai koe e pātai ki te tautoko i a koe ki te tiaki i tō pēhanga toto (whānau/whare karakia)?

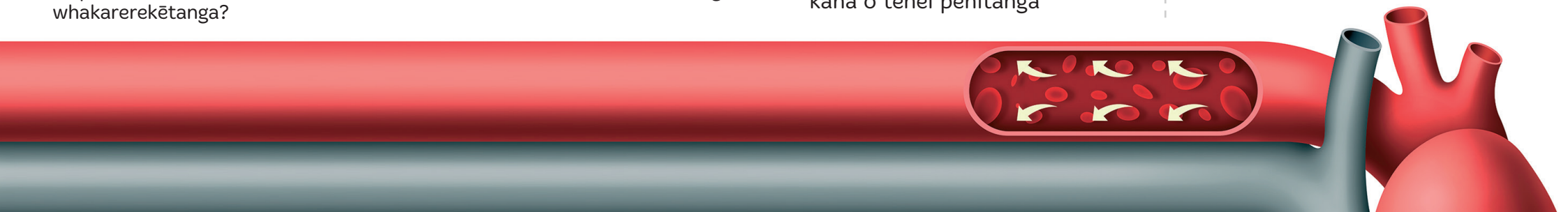
Kua whakaaro koe ki ngā **hua whānui** ka pā ki a koe me tō whānau i ēnei whakarerekētanga?

He aha ngā **pai me ngā kino** o ia whakarerekētanga e whakaarotia ana e koe?

Kei te pēhea tō **kaha** ki te whakatutuki i tēnei whāinga?

Ki te tā te manawa, ka mapu toto ki ngā wāhi katoa o tō tinana. I te toto e rere ana ka pēhia haerehia ngā iatuku. Ko tō pēhanga toto te kaha o tenei pēhitanga

He uaua ki te kite he tohu mate, nō reira kāore te nuinga e mōhio mēnā he kaha te pēhanga toto. Mā te haere ki te tākuta e mōhio ai koe



| TE RĀ | TAKU PĒHANGA TOTO |
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He pātai hei tuku i taku hui e tū mai nei:

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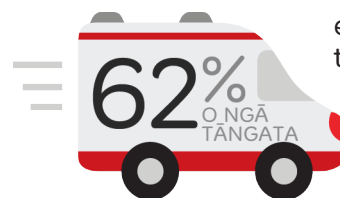
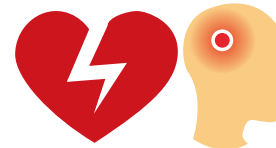
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## Toto PŌRUTU

Nā te toto pōrutu, he kaha rawa te pēhanga o ngā iatuku. Hei roto i te wā, ka mate ngā iatuku, ā, ka kaha ake te tūrurutanga ki te mate manawa me te mate ikura roro



e tukuna ana ki te hōhipera i te mate manawa e pāngia ana e te pēhanga toto kaha

ka pāngia hoki pea ngā karu me ngā tākihi e te mate



Kotahi tūraru anake te pēhanga mo te mate manawa me te mate ikura roro. Kōrero ki tō tākuta e pā ana ki ēnei mate



Mō ētahi atu mōhiohio, rapua 'pēhanga toto' ki [heartfoundation.org.nz](http://heartfoundation.org.nz)

Ka nui tā mātou mihi ki ngā kaitautoko pūtea, nā koutou i puta ai tēnei rauemi

HHC-BC-BP-MAO-20-V1. Blood pressure, Māori.

# WHAKAAROHIA NGĀ RĀ E HEKE MAI ANA

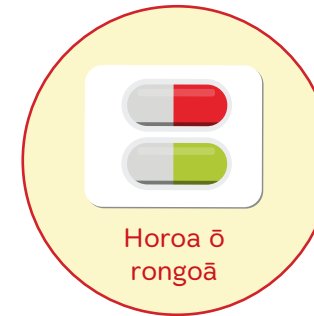
Te noho tahi me te whānau, ō whakaritenga me ō wawata. Ka pāngia rānei ērā āhuatanga e te pēhanga toto kaha me e kaha ake ai te tūraruatanga ki te mate manawa me te mate ikura roro?

# TAKU TŪRARUTANGA

ki te mate manawa me  
te mate ikura roro i ngā  
tau e 5 e heke mai nei

(nui, waenganui, iti)

## Me aha ahau e heke iho ai te tūraruatanga? He aha ngā tohu a taku tākuta?



## Kei a koe ētahi pātai hei tuku:

• He aha te mahi nui māku e heke iho ai te tūraruatanga?

• He aha ētahi mahi iti māku e heke iho ai te tūraruatanga ināianei?

Mehemea e whakaaro ana, e whai ana rānei koe i ētahi atu ara whakaora, kōrero ki tō tākuta

## Taku mahi e whai ake nei:

Handwriting practice area with dashed lines for notes.