



**Te Whānau Tupu Ngātahi o  
Aotearoa  
Playcentre Aotearoa**

**He Rauemi Reo Māori**

This resource **should be brought along to every workshop.**

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Playcentre Education course.

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**Te Whānau Tupu Ngātahi o Aotearoa  
Playcentre Aotearoa  
Mōteatea**

**E Tipu e Rea**

**Leader:** E te whānau tupu ngātahi, kōrerohia mai e...  
E tipu e rea ka tipu koe hei tangata  
Kia kotahi ai te whānau, te hapū, me te iwi e e e  
Kimihiā, rangahaua te mātauranga a ō tīpuna  
Hei oranga tinana, hinengaro, wairua e e e  
Me hōnore i Te Tiriti o Waitangi  
Kia kotahi ai tātau, hei ara tika māu  
Whaia tō mana Motuhake e e e.  
E tipu e rea ka tipu koe hei tangata e....

*(Nā Whaea Raina Ferris i tito)*

## Contents

Introduction .....	3
Basic Pronunciation .....	4
Tatau – Counting.....	6
Ngā Tae - Colours.....	7
Ngā Āhukatanga - Shapes.....	8
Kōrero Māmā / Simple Phrases .....	9
Introducing Ourselves .....	10
Ngā Kare-a-roto – Emotions.....	11
Pepeha and Mihimihi.....	12-13
Add your own pepeha/mihi.....	14
Karakia.....	15-19
Waiata - Songs .....	20-24

## Introduction

*Te reo Māori* is one of the national languages of Aotearoa. It helps create the special cultural identity that makes New Zealand stand out from the rest. It is a treasured taonga.

This resource is designed to provide a basic introduction to *te reo Māori* for you to practice with your *tamariki* and *whānau*, and to gain confidence using *te reo* in a variety of situations, at home and at Playcentre.

## Basic Pronunciation

### ***Vowels and the macron***

Māori words always end in a vowel. There are five vowel sounds in *te reo Māori*. They can be pronounced 'short' or 'long'. The long vowel is usually written with a *tohutō macron* above it e.g. ā, or the same vowel written twice together e.g. Maaori.

<b>a</b>	as in <b>putt</b>	<b>ā</b>	as in <b>car</b>
<b>e</b>	as in <b>pencil</b>	<b>ē</b>	as in <b>metal</b>
<b>i</b>	as in <b>eat</b>	<b>ī</b>	as in <b>peel</b>
<b>o</b>	as in <b>oar</b>	<b>ō</b>	as in <b>your</b>
<b>u</b>	as in <b>who</b>	<b>ū</b>	as in <b>roof</b>

A *diphthong* is when two different vowels appear together. In Māori they retain their basic sound but are run together to create a smooth sounding transition. The following table shows the combinations of vowels (diphthongs) together:

	<b>a</b>	<b>e</b>	<b>i</b>	<b>o</b>	<b>u</b>
<b>a</b>	aa/ā	ae	ai	ao	au
<b>e</b>	ea	ee/ē	ei	eo	eu
<b>i</b>	ia	ie	ii/ī	io	iu
<b>o</b>	oa	oe	oi	oo/ō	ou
<b>u</b>	ua	ue	ui	uo	uu/ū

There are no silent vowels in *Māori*. When two vowels sit together in a word they are given their usual sound, and because we often speak fast, they sometimes blend to sound almost like a new sound. A *tohutō macron* [line] above a vowel tells you that it is a long vowel sound, so place the emphasis on that vowel. Emphasis is also placed anywhere two vowels sit together in a word.

## Consonants

There are eight consonants in *Māori*. These are: **h k m n p r t w**

- ◆ **g** is also found in *te reo Māori* but does not start any words.
- ◆ **r** is rolled e.g. *rangi, Rongotai* and *Rotorua*
- ◆ **t** is like a 'ch' sound when combined with **i** and **u**, e.g. *Titirangi* and *Tutupeka* and is like a 'd' sound with **a**, **e** and **o** (a dull sound), e.g. *Taupō*, *Temuka* and *Waikato*.

There are two other familiar combinations of consonants. These are known as *digraphs*.

- ◆ **ng** which is pronounced similar to the 'ing' in *sing* e.g. *Ngauranga*
- ◆ **wh** which is pronounced as 'f' or 'w' (depending on local dialect) e.g. *Whakātane, Kōwhai*

The following table shows the combinations of consonants and vowels:

	<b>a</b>	<b>e</b>	<b>i</b>	<b>o</b>	<b>u</b>
<b>h</b>	ha	he	hi	ho	hu
<b>k</b>	ka	ke	ki	ko	ku
<b>m</b>	ma	me	mi	mo	mu
<b>n</b>	na	ne	ni	no	nu
<b>p</b>	pa	pe	pi	po	pu
<b>r</b>	ra	re	ri	ro	ru
<b>t</b>	ta	te	ti	to	tu
<b>w</b>	wa	we	wi	wo	wu
<b>ng</b>	nga	nge	ngi	ngo	ngu
<b>wh</b>	wha	whe	whi	who	whu

## Guide to pronunciation

To work out how to pronounce a word in *te reo Māori*:

- ◆ Split the word into syllables [look for the last vowel for each split]
- ◆ Say each syllable one at a time [slowly and out loud at first]
- ◆ Go faster as you become more confident with the word.

# Tatau / Counting

*E rua mano, e rua tekau* 2020

<b>Tahi</b>	<i>One</i>	<b>Tekau mā tahi</b>	Eleven
<b>Rua</b>	<i>Two</i>	<b>Tekau mā rua</b>	Twelve
<b>Toru</b>	<i>Three</i>	<b>Tekau mā toru</b>	Thirteen
<b>Whā</b>	<i>Four</i>	<b>Rua tekau</b>	Twenty
<b>Rima</b>	<i>Five</i>	<b>Rua tekau mā tahi</b>	Twenty-one
<b>Ono</b>	<i>Six</i>	<b>Toru tekau</b>	Thirty
<b>Whitu</b>	<i>Seven</i>	<b>Whā tekau mā rua</b>	Forty-two
<b>Waru</b>	<i>Eight</i>	<b>Kotahi rau</b>	One hundred
<b>Iwa</b>	<i>Nine</i>	<b>E rua mano</b>	Two thousand
<b>Tekau</b>	<i>Ten</i>	<b>E toru mano mā whitu</b>	3007

<b>E hia?</b>	How many (things)?
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<i>E hia ngā pukapuka?</i>	How many books are there?
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<i>E whā ngā pukapuka</i>	There are 4 books
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<i>E hia ōna tau?</i>	How old is he/she?
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<i>E toru ōna tau</i>	He/she is 3 years old
-----------------------	-----------------------

<i>E hia āu pāoro?</i>	How many balls do you have?
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<i>Kotahi tāku pāoro</i>	I have 1 ball
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<b>Tokohia?</b>	How many (people)?
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<i>Tokohia ngā tamariki?</i>	How many children are there?
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<i>Tokotoru ngā tamariki.</i>	There are 3 children.
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<i>Tokohia āu tamariki?</i>	How many children do you have?
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<i>Tokorua āku tamariki.</i>	I have 2 children.
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<i>Tokohia ngā wāhine?</i>	How many women are there?
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<i>Kotahi te wahine.</i>	There is 1 woman.
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## ***Ngā Tae / Colours***

<b><i>Mā</i></b>	White
<b><i>Whero</i></b>	Red
<b><i>Kākāriki</i></b>	Green
<b><i>Pango/mangu</i></b>	Black
<b><i>Kōwhai</i></b>	Yellow
<b><i>Parauri/parāone</i></b>	Brown
<b><i>Kahurangi/kikorangi</i></b>	Blue
<b><i>Karaka</i></b>	Orange
<b><i>Māwhero</i></b>	Pink
<b><i>Hina/kiwikiwi</i></b>	Grey
<b><i>Pāpura/tawa/waiporoporo</i></b>	Purple
<b><i>Pūwhero</i></b>	Crimson

***He aha te tae o ōu hū?***

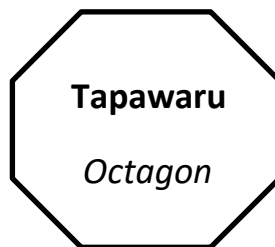
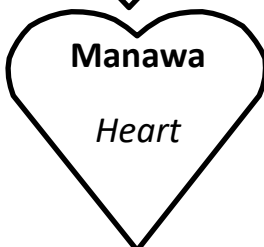
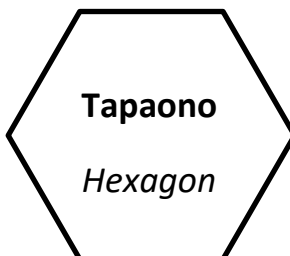
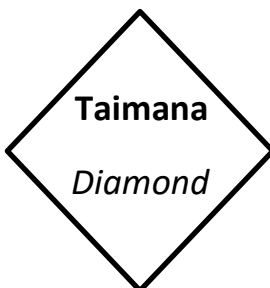
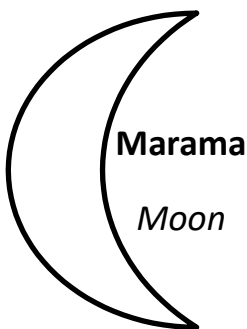
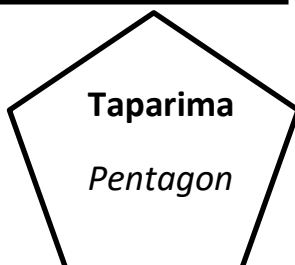
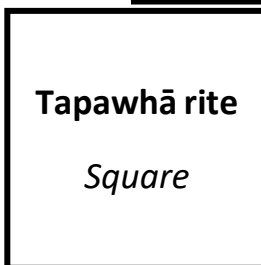
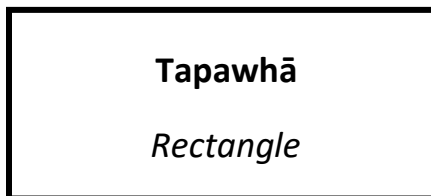
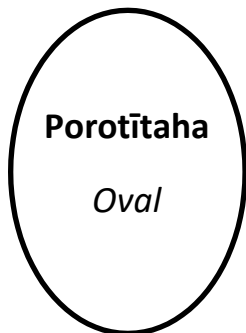
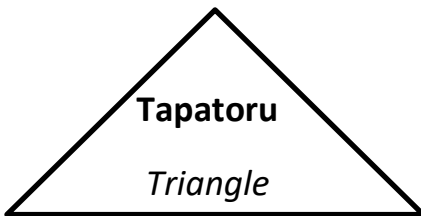
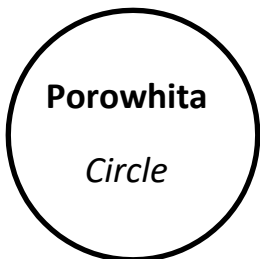
What colour are your shoes?

***He [māwhero] ōku hū.***

My shoes are [pink].



## Ngā Āhuatanga / Shapes





## ***Kōrero Māmā / Simple Phrases***

### ***Kupu***

Āe  
 Kāo / kāore/kāhore  
 Auē  
 Aua

Tēnā koe  
 Tēnā kōrua  
 Tēnā koutou

### ***Whakamihi***

*Ka pai tō mahi!*  
*Ka pai!*  
*Ka mau te wehi!*  
*Ka rawe!*  
*He tino pai tō mahi.*  
*He whetū koe!*  
*He tika tāu.*

### ***Whakahau***

*Kāti*  
*Kia tau*  
*E kai*  
*Taihoa*  
*Kia tūpato*  
*Horoia ō ringaringa*  
*E noho*  
*E tū*  
*Haere atu*  
*Haere mai*  
*Homai tēnā*

*Whakarongo / Whakarongo mai*  
*Titiro / Titiro mai*  
*Kia rima!*  
*Me tākaro/me tākaro tāua*  
*Me haere/me haere tāua*

### ***Words***

Yes  
 No  
 oh dear  
 I don't know

Hello, thankyou (to one person)  
 Hello, thank you (to two people)  
 Hello, thank you (to three or more people)

### ***Praise***

You're doing good!  
 Good!  
 Fantastic!  
 Awesome, choice, amazing!  
 You've done a good job.  
 You're a star!  
 You're quite right.

### ***Commands***

Stop  
 Settle down  
 Eat up  
 Wait  
 Be careful  
 Wash your hands  
 Sit down  
 Stand up  
 Go away  
 Come here  
 Give that here

For further resources visit

[Te Taura Whiri i te Reo Māori](#)

The Māori Language  
 Commission

Listen / Listen to me  
 Look / Look at me  
 Give me five  
 Let's play/we should play  
 Let's go/we should go

## Introducing Ourselves

**What is a mihi?** A Mihi is to greet, pay tribute, acknowledge, or thank.

<p><b><u>He Mihi Poto</u></b></p> <p><i>Tēnā koutou katoa</i>  <i>Ko [name] tōku ingoa</i>  <i>Nō (Kirikiriroa) ahau</i>  <i>Nō reirā</i>  <i>Tēnā koutou, tēnā koutou,</i>  <i>tēnā tātou katoa</i></p>	<p><b><u>A short introduction</u></b></p> <p>Greetings to you all          My name is [name]          I'm from Hamilton          Therefore          greetings, greetings,          greetings to you all</p>
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<p><b><u>Ngā mihi</u></b></p> <p><i>Kia ora</i>  <i>Kia ora kōrua</i>  <i>Kia ora tātou</i>  <i>Tēnā koe</i>  <i>Tēnā kōrua</i>  <i>Tēnā koutou</i>  <i>Tēnā koutou katoa</i>  <i>Nau mai / Haere mai</i>  <i>Mōrena / Ata mārie</i></p>	<p><b><u>Greetings</u></b></p> <p>Hello [informal], cheers          Hello to you (two people)          Hello everybody          Hello, thankyou (to one person)          Hello, thank you (to two people)          Hello, thank you (to three or more people)          Hello to you all          Welcome          Good morning</p>
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<p><b><u>Ngā Poroporoaki</u></b></p> <p><i>E noho rā</i>  <i>Haere rā</i>  <i>Ka kite / Ka kite anō</i>  <i>Mā te wā</i></p>	<p><b><u>Farewells</u></b></p> <p>Person leaving says to those staying          Person staying says to those leaving          See you / see you again          See you later</p>
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## Ngā-kare-ā-roto / Emotions

<u>Kei te pēhea koe?</u>	<u>How are you?</u>
<i>Kei te pai au/ahau</i>	I am good
<i>Kei te harikoa au</i>	I am happy
<i>Kei te ora au</i>	I am well
<i>Kei te hiakai au</i>	I am hungry
<i>Kei te hiainu au</i>	I am thirsty
<i>Kei te ngenge au</i>	I am tired
<i>Kei te pōuri au</i>	I am sad
<i>Kei te mokemoke au</i>	I am lonely
<i>Kei te makariri au</i>	I am cold

### FEELING WORDS



Happy  
Hari koa



Sad  
pōuri



Lonely  
Mokemoke



Noisy  
Hoihoi



Thirsty  
Hiainu



Miserable  
Tiwatiwha



Afraid  
Mataku



Angry  
Pukuriri



Fed up  
Hōha



Sleepy  
Hiamoe



Annoyed  
Amowheke



Hot  
Wera



Bored  
Hōha



Exhausted  
Pūka



Good  
Pai



Excited  
Manahau



Unsure  
Matawaenga



Scared  
Hopī



Queasy  
Whakapairuaki



Sick  
Māuiui



Calm  
Whakamārie



Confused  
Pōrangirangi



Mischief  
Hīanga



Joyful  
Manahau



Cold  
Makariri

## Pepeha and Mihimihi

**What is pepeha?** *Pepeha is an important part of cultural identity, making vital connections to your iwi and whenua.*

### Traditional Template:

Ko [insert name] *te maunga (mountain)*

Ko [insert name] *te waka (ancestral canoe)*

Ko [insert name] *te awa (river)*

Ko [insert name] *te iwi (tribe)*

Ko [insert name] *te hapū (sub-tribe)*

Ko [insert name] *te marae*

Ko [insert name] *te kāinga (home place)*

Ko [insert name] *toku pāpā/ matua (father)*

Ko [insert name] *toku māmā/ whaea (mother)*

Ko [partner's name] *tōku hoa wahine/tāne (wife, husband partner)*

Ko [insert names] *taku tama (sons)*

Ko [insert names] *taku tamāhine (daughters)*

Ko [your name] *tōku ingoa (name)*

### Contemporary Template:

*Mauri ora ki te whare*

*I whānau mai ahau ki [insert place of birth]*

*Kei te noho ahau i [insert where you live]*

Ko [partner's name] *tōku hoa rangatira*

Ko [your name] *tōku ingoa*

**Three (or more) children:** Ko [insert name] *rātau ko [insert name] ko [insert name] āku tamariki/ā māua tamariki*

**Two children:** Ko [insert name] *rāua ko [insert name] āku tamariki/ā māua tamariki*

**One child:** Ko [insert name] *tāku tamaiti/tā māua tamaiti*

*He whānau mātou nō te Whānau Tupu Ngātahi o [insert Playcentrename]  
Tēnā rā koutou, tēnā rā koutou, tēnā rā tātou katoa*

**Nō tāwhai ōku tīpuna (or tūpuna)**

*from overseas*

*My ancestors came*

**Nō Ingarangi ōku mātua**

*from England*

*My parents came*

**I tae mai ōku tīpuna ki Aotearoa i te tau....**

*in New Zealand in the year....*

*My ancestors arrived*

**I whānau mai ahau i.....**

*I was born in*

**I tipu ake au i .....**

*I grew up in*

**Nō ..... ahau**

*I am from .....*

**Kei ..... ahau e noho ana**

*I live in ....*

**He .... Kaiako .... ahau**

*I am a ... Teacher ...*

**Kei ..... ahau e mahi ana**

*I work at the ....*

**Kei te haere ai mātou ki Te Whānau Tupu Ngātahi o Rākau Whero**

*We go to Redwood Te Whānau Tupu Ngatahi o Aotearoa*

**I tipu ake au i raro i te maru o te maunga .....**

*I grew up under the shade of the mountain of ....*

**I tipu ake au i te taha o te awa o .....**

*I grew up beside the river of .....*

**Ko ..... te maunga te rū nei taku ngākau**

*..... is the mountain that speaks to my heart*

**Ko ..... te awa e mahea nei aku māharahara**

*..... is the river that alleviates my worries*

**Kei te mihi ki....., te mana whenua o te rohe nei**

*Greetings to .....the local iwi, the indigenous people of this region*

**Kei te mihi ki ngā tohu o te rohe nei**

*Greetings to the ancestral and spiritual landmarks of this region*

**E mihi ana ki ngā tohu o nehe, o ..... e noho nei au**

*I recognise the ancestral and spiritual landmarks of ..... where I live*

**Nō reira, tēnā koutou katoa**

*Thus, my acknowledgement to you all.*



## Karakia

### **Karakia tīmatanga**

Most hui are opened and closed with *karakia* and waiata. *Karakia tīmatanga* are the opening/beginning incantations. There are also Karakia Inoi Karaitiana *Christian prayers*. The following are examples of *karakia tīmatanga*:

#### **Karakia – Tawhito (Ancient)**

Whakataka te hau ki te uru	<i>Cease the winds from the west</i>
Whakataka te hau ki te tonga	<i>Cease the winds from the south</i>
Kia mākinakina ki uta	<i>Let the breeze blow over the land</i>
Kia mātaratara ki tai	<i>Let the breeze blow over the ocean</i>
E hī ake ana te atakura	<i>Let the red-tipped dawn come with a sharpened air</i>
He tio, he huka, he hauhunga	<i>A touch of frost</i>
Haumi e! Hui e! Tāiki e!	<i>A promise of a glorious day</i>

#### **Karakia – Tīmatanga (Christian Prayer)**

E tō mātou Matua i te Rangī	<i>Father who art in Heaven</i>
He inoi tēnei ki a koe	<i>We beseech thee</i>
Kia manaakitia mātou	<i>Bless us</i>
Me ō mātou whānau	<i>And our family</i>
I ngā wā katoa	<i>At all times</i>
Ko koe hoki	<i>You are</i>
Tō mātou Ariki	<i>Our Lord</i>
Āmine	<i>Amen</i>

#### **Karakia– Tīmatanga (Beginning)**

E te hui	<i>For this gathering,</i>
Whāia te mātauranga kia mārāma	<i>Seek knowledge as understanding.</i>
Kia whai take ngā mahi katoa	<i>Have purpose in all you do.</i>
Tū māia, tū kaha	<i>Stand tall, be strong.</i>
Aroha atu, aroha mai	<i>Let us all show respect</i>
Tātou i tātou katoa	<i>For each other.</i>

**Karakia Tīmatanga (Opening Prayer)**

Kia tau te rangimārie  
 o te Rangi e tū iho  
 o Papatūānuku e takoto nei  
 o te taiao e awhi nei  
 Ki a tātou katoa me tā tātou kaupapa mō tēnei wā.  
 Kia tautoko tātou i te huarahi o ā tātou tamariki  
 Kia whakamana i a rātou akoranga  
 Kia puāwai rātou.  
 Tihei mauri ora!

*Let the peace of the sky above, of our earth mother below, of the universe that surrounds us, descend upon us all and our business at this time.*

*Let us guide the paths of our children in order to empower their education and to let them blossom.*

*Sneeze the breath of life!*

**Karakia– Tīmatanga (Beginning)**

Tuia ki runga	<i>Unite above</i>
Tuia ki raro	<i>Unite below</i>
Tuia ki roto	<i>Unite within</i>
Tuia ki waho	<i>Unite without</i>
Ka rongo te pō	<i>Listen to the night</i>
Ka rongo te ao	<i>Listen to the world</i>
Haumi ē!	<i>Now we come</i>
Hui ē!	<i>Together,</i>
Tāiki e	<i>As one.</i>

**Karakia Tīmatanga**

Tūtawa mai i runga	<i>Come forth from above,</i>
Tūtawa mai i raro	<i>below,</i>
Tūtawa mai i roto	<i>within,</i>
Tūtawa mai i waho	<i>and from</i>
Kia tau ai te mauri tū,	<i>the environment.</i>
te mauri ora	<i>Vitality and well-being,</i>
ki te katoa	<i>for all</i>
Haumi ē, hui ē, tāiki e!	<i>strengthened in unity.</i>

**nā Scotty Morrison**



***Karakia whakamutunga***

*Karakia whakamutunga* are incantations traditionally used to close gatherings. The following are some examples of *karakia whakamutunga*:

**Karakia Whakamutunga (Closing Prayer)**

Koia kei runga	<i>That which exists above</i>
Koia kei raro	<i>That which exists below</i>
Koia kei waho	<i>That which exists externally</i>
Koia kei roto	<i>That which exists internally</i>
Ko te mauri ako	<i>It is the essence of our learning and teaching</i>
Ko te mauri ora	<i>It is the essence of our physical existence</i>
Kua tau, kua tau, kua tau e	<i>Let it be at rest for now, let it be, let it be</i>

**Karakia Whakamutunga (Closing Prayer)**

Kia tau te manaakitanga  
 Ki runga i tēnā i tēnā o tātou  
 Kia piki te ora, kia piki te māramatanga  
 Kia hoki pai atu, kia hoki pai mai  
 Tūturu whakamaui kia tina (tina)  
 Haumi e, hui e, tāiki e!

*Let care and support come down  
 On each of us  
 So that our well-being and understanding are lifted  
 Let us return home safely, and come back well  
 Let this be my commitment to all  
 Draw together, affirm!*

**Karakia Whakamutunga (Closing Prayer)**

Kua mutu ā mātou mahi	<i>Our work is finished</i>
Mō tēnei wā	<i>For the moment,</i>
Manaakitia mai mātou katoa	<i>Bless us all,</i>
Ō mātou hoa	<i>Our colleagues,</i>
Ō mātou whānau	<i>Our families,</i>
Āio ki te aorangi	<i>Peace to the planet.</i>

**Karakia Whakamutunga (Closing Prayer)**

Kia tau te rangimarie	<i>May the peace</i>
O te rangi e tū iho nei	<i>Of the sky above</i>
O Papatūānuku e takoto nei	<i>And the earth below</i>
O te taiao e awahi nei	<i>And the all-embracing universe</i>
Ki runga i a tātou	<i>Rest upon us all.</i>
Tihei mauri ora!	<i>Sneeze the breath of life.</i>

**Karakia Whakamutunga (Closing Prayer)**

Kia tau ki a tātou katoa  
 Te atawhai o tō tātou Ariki a Ihu Karaiti  
 Me te aroha o te Atua  
 Me te whiwhinga tahitanga ki te wairua tapu  
 Ake, Ake, Ake  
 Āmine

*May all of us have the kindness of our Lord, and  
 the love of God, and the joining together of the  
 holy spirit, forevermore. Amen.*

**Karakia kai**

*Karakia kai* are incantations used to give thanks for food before consuming. The following are some examples of *karakia kai*:

**Karakia Kai (Food Blessing)**

E Ihowā  
Whakapaingia ēnei kai  
Hei homai ora  
Mō ō mātou tinana  
Me ō mātou wairua  
Āmine

*Especially bless this food to give life to our bodies and our souls. Amen.*

**Karakia kai (Food Blessing)**

Whakapaingia ēnei kai  
Hei orange mō ō mātou tinana  
Whāngaia ō mātou wairua  
Ki te taro o te ora  
Āmine

*Bless this food that it may nourish our bodies, feed our spirits with the bread of life. Amen.*

**Karakia Kai (Food Blessing)**

E Rongo  
E Rongo  
Homai ngā tipu  
Hei whakakī te tinana  
Hei orange  
Au eke, au eke  
Hui e!  
Tāiki e!

*Rongo guardian of cultivated foods  
Provide us with your fruits to sustain  
our bodies and provide  
Wellbeing  
Unified!  
Connected and blessed!*

**Karakia Kai (Food Blessing)**

Nau mai e ngā hua e hora nei  
i haramai nā koe  
I whakatupu-ā-Nuku  
I whakatupu-ā-Rangi  
Tāwhia ki a Rehua  
Ki a tama i Te-Ao-Mārama  
E Rongo whakairia ki runga  
Kia Tina! Tina!  
Hui e! Tāiki e!

*We welcome the food that is before us  
Nurtured by Papatūanuku  
Nurtured by Rangi-nui  
Food from Rehua  
And presented to humanity  
Elevated and fixed together by  
Rongo-mā-Tāne Fixed! United!  
Affirmed!*

## Waiata - Songs

### ***Mahunga, pakihwi***

*Tahi, rua, toru, whā!*

One, two, three, four!

*Māhunga, pakihwi, puku, hope, waewae* Head, shoulder, tummy, hips, legs

*Māhunga, pakihwi, puku, hope, waewae* Head, shoulder, tummy, hips, legs

*Māhunga, pakihwi, puku, hope, waewae* Head, shoulder, tummy, hips, legs

*Taringa, mata, ihu, waha, e!*

Ears, eyes, nose, mouth, yeah!

### ***Pakipaki tamariki mā***

*Pakipaki pakipaki* (Clapping, clapping)

*Tamariki mā* (Children)

*Pakipaki pakipaki*

*Tamariki mā*

*[Replace pakipaki with the following for each verse]*

*E peke* (Jump)

*E oma* (Run) *E haka*

*Whakarongo, whakarongo* (listen)

*Hurihuri* (Turning)

*Kanikani* (Dance)

*Takahia* (Stamp)

*Hīkoi* (Walk)

### ***AEIOU***

*A E I O U*

*A E I O U*

*Piko, piko, piko, piko, piko*

*Toro piko*

*Toro, toro, toro, toro, toro*

*Piko toro.*

*[Piko is to have your arms bent and toro is to have your arms stretched out in front.]*

***E rere taku poi***

<i>E rere taku poi, e rere taku poi,</i>	Oh fly my poi, fly
<i>Ki runga, ki runga</i>	Upwards, upwards
<i>E rere taku poi, E rere taku poi,</i>	Oh fly my poi, fly
<i>Ki raro, ki raro</i>	Downwards, downwards
<i>E rere runga, e rere raro,</i>	Fly upwards, then fly downwards
<i>E rere roto, e rere waho</i>	Fly inwards, and then outwards
<i>E rere taku poi, e rere taku poi,</i>	Oh fly my poi, fly
<i>Ki runga, ki runga</i>	Upwards, upwards

***E pāpā waiari***

<i>E auē, ka mate au</i>	Oh, I will surely die
<i>E hine, hoki mai rā.</i>	My darling girl, please return to me.
<i>E pāpā waiari,</i>	My grief overwhelms me,
<i>Tāku nei mahi</i>	And all i do
<i>Tāku nei mahi</i>	And all i do
<i>He tuku roimata</i>	Is to shed tears relentlessly

***[chorus]***

<i>E auē, ka mate au;</i>	Alas I will die;
<i>E hine hoki mai rā</i>	My darling girl, please return to me
<i>E auē, ka mate au;</i>	Alas I will die;
<i>E hine hoki mai rā</i>	My darling girl, please return to me

<i>Māku e kaute</i>	I will count
<i>Ō hīkoitanga</i>	Your footsteps
<i>Māku e kaute</i>	I will count
<i>Ō hīkoitanga</i>	Your footsteps

***[repeat chorus]***

**Tohorā nui**

<i>Tohorā nui</i>	A big whale
<i>Tohorā roa</i>	A long whale
<i>Tohorā tino mōmona</i>	A humongous whale
<i>Tohorā puapua</i>	A whale spouting
<i>Whiore piupiu e</i>	And swishing it's tail
<i>Tohorā kau i roto te moana e!</i>	A whale swimming in the sea.

**E tū Kahikatea**

<i>E tū kahikatea</i>	Stand like the kahikatea
<i>Hei whakapae ururoa</i>	Spreading across the horizon.
<i>Awhi mai, awhi atu</i>	Embrace one another
<i>Tātou tātou e.</i>	We are as one.

<i>E tū kahikātoa</i>	Stand like the kahikātoa
<i>Kare kau e hinga</i>	That will not fall
<i>Awhi mai, awhi atu</i>	Embrace one another
<i>Tātou tātou e.</i>	We are as one.

<i>E tū pūriri</i>	Stand like the pūriri
<i>Toha rā o peka</i>	Spread your branches
<i>Awhi mai, awhi atu</i>	Embrace one another
<i>Tātou tātou e.</i>	We are as one.

**E hara i te mea**

<i>Ehara i te mea</i>	Not the thing
<i>Nō nāianeī te aroha</i>	Of recent times is love,
<i>Nō ngā tūpuna</i>	But from the ancestors
<i>Tuku iho, tuku iho.</i>	Bequeathed to us, bequeathed to us.

<i>Te whenua, te whenua</i>	From the land, the land
<i>He oranga mō te iwi</i>	Sustenance for the people
<i>Nō ngā tūpuna</i>	From the ancestors
<i>Tuku iho, tuku iho.</i>	Bequeathed to us, bequeathed to us.

### **Te aroha**

*Te aroha  
Te whakapono  
Te rangimārie  
Tātou, tātou e.*

Let love  
And faith  
And peace  
Unite us.

*He tāngata kē koutou  
He tāngata kē mātou  
Engari i tēnei wā  
Tātou tātou e.*

You are different  
We are different  
But at this time  
We are as one.

### **E toru ngā mea**

*E toru ngā mea  
Ngā mea nunui  
E kī ana  
Te Paipera  
Whakapono  
Tūmanako  
Ko te mea nui  
Ko te aroha.*

There are three things  
Very important things  
According to the Bible  
They are:  
Faith  
Hope  
And the most important  
Is love.

### **Purea Nei**

*Purea nei e te hau  
Horoia e te ua  
Whiti whitia e te rā  
Mahea ake ngā pōraruraru  
Mākere ana ngā here.*

Scattered by the wind, washed by the rain and transformed by the sun, all doubts are swept away and all restrains are cast down.

*E rere wairua, e rere  
Ki ngā ao o te rangi  
Whiti whitia e te rā  
Mahea ake ngā pōraruraru  
Mākere ana ngā here, Mākere ana ngā here.*

Fly O free spirit, fly to the clouds in the heavens, transformed by the sun, with all doubts swept away and all restrains cast down. Yes, all restrains are cast down.

**(nā Hirini Melbourne i tito)**