

## Tikanga Māori Mātāpono Tikanga Māori Principle

Taha Hinengaro is portrayed by people both verbally and non-verbally in relation to expressing their thoughts and feelings. Taking note of facial expressions, eye movement, body gestures, unsaid words, or spoken words are all part of knowing the tamariki of your service intimately. Just like ngā pēpi Kaiako are aware of what the different cries mean, e.g., hungry, needs a change, or needs a hug. Kaiako can support children and nurture their Taha Hinengaro through:

- Providing a daily noho puku (quiet space) where tamariki know they can sit in their very own world. Kaiako would be sharing what could happen in the noho puku area within the daily programme, therefore the tamariki will know the tikanga of the noho puku area.

Tamariki are able to go to the noho puku area where they just need time out and while there tamariki could focus on:

- What Kaitiaki Māori are present, e.g., closing eyes and feeling the sun on their face (Ranginui) or feeling the breath of Tāwhirimātea going through their hair.
- Listening to the sounds around them, knowing the ECE environments intimately, e.g., the plants, what neighbouring properties have.
- Carrying out deep and slow breathing activities.
- Having agency to reset their own ways of doing.



<https://ako.ac.nz/ki-te-hoe-indigenising-practice>

## Waiata

### Mehemea harikoa pakipaki (Tune: If you're happy and you know it) Nā Ngaroma Williams

Mehemea harikoa pakipaki  
Mehemea harikoa pakipaki  
Mehemea harikoa pakipaki te katoa  
Mehemea harikoa pakipaki

Mehemea pukuriri takahia  
Mehemea pukuriri takahia  
Mehemea pukuriri waewae takahia  
Mehemea pukuriri takahia

Mehemea kei te ngenge takoto  
Mehemea kei te nenge takoto  
Mehemea kei te nenge, he wā whakatā  
Mehemea kei te ngenge takoto.

If you're happy and you know it  
clap your hands  
If you're happy and you know it  
stamp your feet  
If you're tired and you know it  
lie down

## Ki te hoe Indigenising Practice

Te reo me ngā tikanga Māori  
Rauemi mā ngā kaiako

## Ngā Kare ā-roto Emotions and Feelings



Created by Ngaroma M. Williams  
and Kari Moana Te Rongopatahi

## Ngā Kare ā-roto: Emotions and feelings

The term 'kare-ā-roto refers to the 'ripples within' ourselves that are the physical and spiritual manifestations of how we understand and feel emotions. When we visualise ripples or the movement of waters we can see that there is always a 'ripple effect' that moves outwards.

Kei te pēhea koe?



Kei te harikoa ahau.

pēhea is a question word meaning 'how'? When responding swap it for the answer and change the pronoun

### Ngā kare-ā-roto

Kei te pēhea koe i tēnei rā?



Harikoa



Māuiui



Makariri



Pai



Pōuri



Riri



Wera



Hiakai



Hiainu

Kei te \_\_\_\_ ahau i tēnei rā!

## Ngā huinga reo: Vocabulary

- Ngenge: tired
- Ngākaurua: uncertain
- Harikoa: happy
- Māharahara: worried
- Kōrangaranga: annoyed
- Maninohea: disgusted
- Wera: hot
- Makariri: cold
- Takeo: bored
- Māngere: lazy
- Rorirori: silly
- Whakahīhī: proud
- Hiawai: thirsty
- Mauritau: relaxed
- Hoto: suspicious
- Māuiui: sick
- Āmāimai: nervous
- Pukukino: grumpy
- Auhi: distressed
- Hiamoe: sleepy
- Konekone: shy
- Pukutākaro: playful
- Āwangawanga: anxious
- Ngākau titikaha: confident
- Rangirua: confused
- Hiamo: excited
- Māia: brave
- Manahau: joyful
- Pāmamae: upset
- Ruhi: exhausted

NB: There is often more than one word to describe a certain feeling or emotion in te reo Māori

## Ngā rerenga kōrero: Phrases

- Kei te pēhea koe? Kei te ngenge ahau.  
How are you? I am tired.
- Kei te pēhea koutou? Kei te harikoa mātou.  
How are you all (3+)? We (3+) are (feeling) happy.
- Kei te pēhea kōrua i tēnei rangi?  
How are you two today?
- Kei te hōhā māua i tēnei rangi  
We are frustrated today.
- Kei te pēhea tō matua i tēnei ata?  
How is your father this morning?
- Kei te māuiui tōku matua i tēnei ata.  
My father is unwell this morning,
- Kei te pēhea a Te Wairoa-hōpūpū-hōngenge-mātangirau i tēnei rangi?  
How is Te Wairoa-hōpūpū-hōngenge-mātangirau today?
- E te huānga kei te pēhea a Whaea Kēkē Iri i rongo ahau kei te hohipera ia?  
Cousin, how is Auntie Iri, I heard she was in the hospital?
- Āe kei te hohipera tonu tōku māmā, he mate korona ia.  
Yes, my mum is still at hospital she has Covid.