



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

**He Rauemi Reo Māori**

**Remember to bring this rauemi along to every Playcentre Education workshop.**

We acknowledge the mahi of rangatira from Te Whānau Tupu Ngātahi Playcentre Aotearoa in creating this resource.

### **E Tipu E Rea (A Mōteatea for Playcentre Aotearoa)**

*Kaea/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)*

#### ***Translation:***

Leader: Families growing together, we sing as one

*Grow up oh little one, so you may become a strong person  
So that you will bring together our families, our wider families, our people  
Seek out, search out the knowledge of your ancestors  
So it will sustain you physically, mentally and spiritually  
Honour the Treaty of Waitangi  
So that this will make us one people, and you will find your pathway  
Always pursue your absolute uniqueness and stand proud in it  
Grow up oh little one and become a strong person*

*(Composed by Whaea Raina Ferris)*

## Raranga Take Contents

|   |    |
|---|----|
| Tīmatanga Kōrero <i>Introduction</i> .....        | 3  |
| Whakahua <i>Basic Pronunciation</i> .....         | 4  |
| Tatau <i>Counting</i> .....                       | 7  |
| Ngā Tae <i>Colours</i> .....                      | 8  |
| Ngā Āhuatanga <i>Shapes</i> .....                 | 9  |
| Kōrero Māmā <i>Simple Phrases</i> .....           | 10 |
| Ngā Kare-ā-roto <i>Emotions</i> .....             | 11 |
| Ngā Mihi <i>Greetings and Farewells</i> .....     | 12 |
| <i>Introducing Pepeha and Mihimihi</i> .....      | 13 |
| Karakia <i>Chant, Incantation or Prayer</i> ..... | 17 |
| Waiata <i>Songs</i> .....                         | 23 |

### Tīmatanga Kōrero *Introduction*

Te reo Māori *the Māori language* is one of the official languages of Aotearoa *New Zealand*. It helps create the special cultural identity that makes Aotearoa stand out from the rest. It is a taonga *treasure* and a pathway into understanding te ao Māori *the Māori world*.

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

## Whakahua *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 quickly, 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. Ngāuranga
- ◆ **wh** which is pronounced as ‘f’ or ‘w’ (depending on local dialect) e.g. Whakatāne, 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.

## **Mīta dialects**

It is important to know there are different tribal dialects within Aotearoa.

The table below has some examples of dialectal differences using the kupu *word whakarongo* *listen*. What's the dialect of your local area?

| Pronunciation of Whakarongo | Respective Iwi         | Approximate Location       |
|-----------------------------|------------------------|----------------------------|
| <b>Whakarongo</b>           | Tainui, Te Tairāwhiti  | Waikato/Auckland, Gisborne |
| <b>Hakarongo</b>            | Te Taitokerau, Ngāpuhi | Northland                  |
| <b>W'akarongo</b>           | Taranaki, Whanganui    | Taranaki, Manawatū         |
| <b>Whakaroko</b>            | Kāi Tahu               | South Island               |
| <b>Whakarono</b>            | Tuhoe, Mātaatua        | Eastern Bay of Plenty      |



## Tatau *Counting*

|             |              |              |              |
|-------------|--------------|--------------|--------------|
| <b>Tahi</b> | <i>One</i>   | <b>Ono</b>   | <i>Six</i>   |
| <b>Rua</b>  | <i>Two</i>   | <b>Whitu</b> | <i>Seven</i> |
| <b>Toru</b> | <i>Three</i> | <b>Waru</b>  | <i>Eight</i> |
| <b>Whā</b>  | <i>Four</i>  | <b>Iwa</b>   | <i>Nine</i>  |
| <b>Rima</b> | <i>Five</i>  | <b>Tekau</b> | <i>Ten</i>   |

### *Counting higher than 10*

|                          |    |                          |       |
|--------------------------|----|--------------------------|-------|
| <b>Tekau mā tahi</b>     | 11 | <b>Kotahi rau</b>        | 100   |
| <b>Rua tekau</b>         | 20 | <b>Rima manu</b>         | 5,000 |
| <b>Toru tekau mā whā</b> | 34 | <b>Ono mano mā whitu</b> | 6,007 |

### *Writing the year*

**Rua mano rua tekau mā rima** 2025

---

**E hia?** *How many (things)?*

---

**E hia ngā \_\_\_\_\_?** *How many things?*

**E hia ngā pāoro?** *How many balls?*

**Kotahi te pāoro** *There is 1 ball*



**E toru ngā pāoro** *There are 3 balls*




---

**Tokohia?** *How many (people)?*

---

**Tokohia ngā \_\_\_\_\_?** *How many people?*

**Tokohia ngā tamariki?** *How many children?*



**Kotahi te tamaiti** *There is 1 child*



**Tokowhā ngā tamariki** *There are 4 children*

---

## Ngā Tae Colours

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

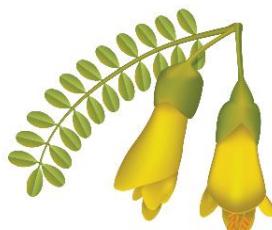
**He aha te tae?** *What is the colour?*

**He aha te tae o te/ngā \_\_\_\_\_?** *What is the colour of the \_\_\_\_\_?*

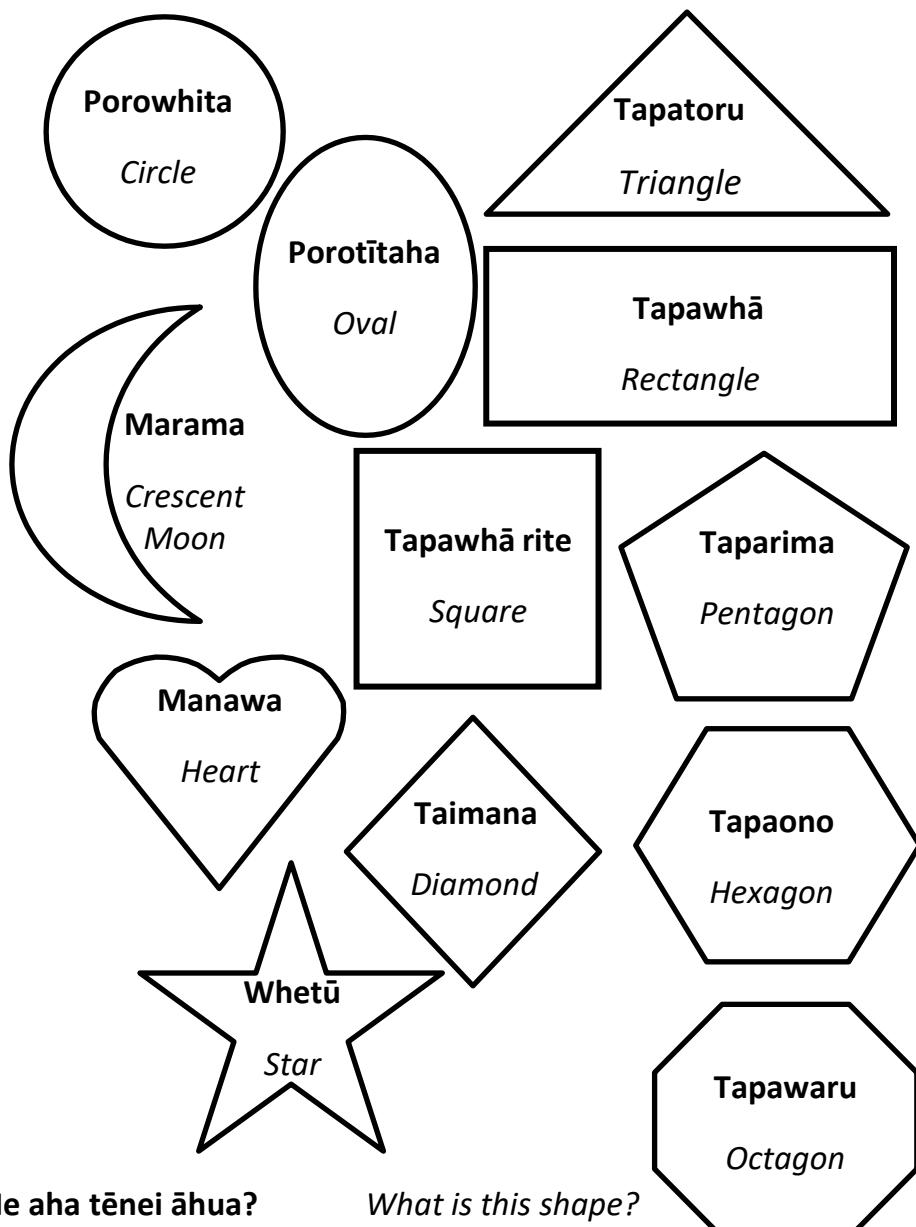
**He aha te tae o te putiput?** *What is the colour of the flower?*

**He kōwhai** *Yellow*

**He kōwhai te tae o te putiput?** *The flower is yellow*



## Ngā Āhuatanga Shapes



He aha tēnei āhua?

He tapatoru tēnei āhua.

What is this shape?

This shape is a triangle.

## Kōrero Māmā *Simple Phrases*

| <b>Kupu</b> | <b>Words</b>        |
|-------------|---------------------|
| Āe          | <i>Yes</i>          |
| Kāore / kāo | <i>No</i>           |
| Auē         | <i>Oh dear</i>      |
| Aua         | <i>I don't know</i> |

### **Whakamihi**

|                   |                       |
|-------------------|-----------------------|
| Ka pai!           | <i>Good!</i>          |
| Tino pai tō mahi! | <i>Great work!</i>    |
| Ka mau te wehi!   | <i>Fantastic!</i>     |
| Ka rawe!          | <i>Amazing!</i>       |
| He tika tāu.      | <i>You're correct</i> |



[Ako – Ki te hoe:  
Indigenising spaces](#)  
[17 book set](#)

### **Whakahau**

|                     | <b>Commands</b>        |
|---------------------|------------------------|
| Kāti                | <i>Stop</i>            |
| Kia tau             | <i>Settle down</i>     |
| E kai               | <i>Eat up</i>          |
| Taihoa              | <i>Wait</i>            |
| Kia tūpato          | <i>Be careful</i>      |
| Horoia ō ringaringa | <i>Wash your hands</i> |
| E noho              | <i>Sit down</i>        |
| E tū                | <i>Stand up</i>        |
| Haere atu           | <i>Go away</i>         |
| Haere mai           | <i>Come here</i>       |
| Homai tēnā          | <i>Give that here</i>  |
| Whakarongo          | <i>Listen</i>          |
| Titiro              | <i>Look</i>            |
| Homai kia rima!     | <i>Give me five!</i>   |
| Kia tākaro          | <i>Let's play</i>      |
| Me haere            | <i>Let's go</i>        |

## Ngā Kare-ā-roto *Emotions*

**Kei te pēhea koe?**

*How are you?*

**Kei te \_\_\_\_\_ ahau.**

*I am \_\_\_\_\_.*

**Kei te pai ahau**

*I am good*

**Kei te ora ahau**

*I am well*

**Kei te hiakai ahau**

*I am hungry*

**Kei te hiainu ahau**

*I am thirsty*

**Kei te wera ahau**

*I am hot*

**Kei te makariri ahau**

*I am cold*



## Ngā Mihi *Greetings and Farewells*

| Ngā mihi              | Greetings   |
|-----------------------|---|
| Kia ora               | <i>Hello (informal), cheers</i> ( <i>literally: be well/have life</i> ) |
| Kia ora tātou         | <i>Hello to all of us</i>   |
| Kia ora e te whānau   | <i>Hello to all the family</i>  |
| Kia ora e hoa mā      | <i>Hello to all my friends</i>  |
| Tēnā koe              | <i>Hello (formal), thank you (to one person)</i>                        |
| Tēnā kōrua            | <i>Hello, thank you (to two people)</i>                                 |
| Tēnā koutou           | <i>Hello, thank you (to three or more people)</i>                       |
| Tēnā koutou katoa     | <i>Hello to you all</i>   |
| Tēnā koutou e te iwi  | <i>Hello to all the people</i>  |
| Mauri ora ki te whare | <i>Greetings to the people in this house</i>                            |
| Nau mai / Haere mai   | <i>Welcome</i>  |
| Mōrena / Ata mārie    | <i>Good morning</i>   |
| Ahiahi mārie          | <i>Good afternoon</i>   |
| Pō mārie              | <i>Good night</i>   |



[ReoMāori.co.nz](http://ReoMāori.co.nz)  
[Reo for the office](http://Reo for the office)

| Ngā Poroporoaki            | Farewells                                   |
|----------------------------|---|
| E noho rā                  | <i>Person leaving says to those staying</i> |
| Hei konā rā                | <i>Person leaving says to those staying</i> |
| Haere rā                   | <i>Person staying says to those leaving</i> |
| Ka kite / anō ahau i a koe | <i>See you / I will see you again</i>       |
| Mā te wā                   | <i>See you later</i>                        |

## ***Introducing Pepeha and Mihimihi***

**What is mihi?** To greet, pay tribute, acknowledge, thank.

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

**What is whakapapa?** Whakapapa is to lay one generation upon the other. It is like a family tree, showing how you are related to your tūpuna ancestors, parents, spouse, tamariki children and mokopuna grandchildren.

**What is mihimihi?** A mihimihi is a basic introduction to let people know a little bit about yourself. It can be expanded to include as much information as you like.

| He Mihi Poto                                  | <i>A short introduction</i>                             |
|---|---|
| Tēnā koutou katoa                             | <i>Greetings to you all</i>                             |
| Nō _____ ahau                                 | <i>I'm from ..... [location]</i>                        |
| Ko _____ tōku ingoa                           | <i>My name is.....</i>                                  |
| Nō reirā,                                     | <i>Therefore,</i>                                       |
| Tēnā koutou, tēnā koutou,<br>tēnā tātou katoa | <i>Greetings, greetings,<br/>greetings to all of us</i> |



## Traditional Template

|  |            |   |
|--|------------|---|
| Ko _____   | te maunga  | .....is my mountain                                     |
| Ko _____   | te waka    | ..... is my ancestral canoe                             |
| Ko _____   | te awa     | .....is my river  |
| Ko _____   | te iwi     | .....is my tribe  |
| Ko _____   | te hapū    | .....is my sub-tribe                                    |
| Ko _____   | te marae   | ..... is my marae                                       |
| Ko _____   | te kāinga  | ..... is my home place                                  |
| Ko _____   | tōku ingoa | .....is my name   |
| Nō reira, tēnā koutou, tēnā koutou, tēnā tātou katoa |            | Therefore, greetings, greetings, greetings to all of us |

## Contemporary Template – Option 1

|                             |                              |  |
|-----------------------------|------------------------------|--|
| Nō _____                    | ōku tūpuna/tīpuna            | My ancestors came from.....                                      |
| Ko _____                    | te maunga                    | ..... is the mountain that speaks to my heart                    |
| e rū nei taku ngākau        |                              |  |
| Ko _____                    | te awa e mahea               | .....is the river that alleviates my worries                     |
| nei aku māharahara          |                              |  |
| I whānau mai ahau i _____   |                              | I was born in.....   |
| I tipu ake au i _____       |                              | I grew up in.....  |
| Nō _____                    | ahau                         | I am from .....  |
| Kei te noho ahau i _____    |                              | I live in .....  |
| He whānau mātou nō te       |                              | My family is from .....  |
| Whānau Tupu Ngātahi o _____ |                              | Playcentre   |
| Kei te mihi ki _____        | te mana whenua o te rohe nei | Greetings to [the local tribe], indigenous people of this region |

## Contemporary Template – Option 2

Nō tāwāhi ōku tūpuna/ tīpuna *My ancestors came from overseas*

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 .....*

I whānau mai ahau i \_\_\_\_\_ *I was born in.....*

Kei te noho ahau i \_\_\_\_\_ *I live in .....*

He whānau mātou nō te \_\_\_\_\_ *My family is from .....*

Whānau Tupu Ngātahi o \_\_\_\_\_ *Playcentre*

### Whakapapa

Ko \_\_\_\_\_ tōku pāpā/matua ..... *is my father*

Ko \_\_\_\_\_ tōku māmā/whaea ..... *is my mother*

Ko \_\_\_\_\_ tōku hoa ..... *is my significant other*  
wahine/tāne *(female/male)*

***Three (or more) children:***

Ko \_\_\_\_\_ rātou ko \_\_\_\_\_ ..... , ..... and ..... *are my*  
ko \_\_\_\_\_ āku tamariki *(three or more) children*

***Two children:***

Ko \_\_\_\_\_ rāua ko \_\_\_\_\_ ..... and ..... *are my (two)*  
āku tamariki *children*

***One child:***

Ko \_\_\_\_\_ tāku tamaiti ..... *is my (one) child*

Ko \_\_\_\_\_ tōku ingoa ..... *is my name*

Add your *Pepeha/mihimihi* here...

Tēnā koutou katoa....

Nō reira, tēnā koutou, tēnā koutou, tēnā tātou katoa

## Karakia Chant, Incantation or Prayer

### Karakia tīmatanga opening/beginning incantations

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 (also sung as a waiata)

|                              |  |
|------------------------------|--|
| 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 ē! Hui ē! Tāiki ē!     | <i>A promise of a glorious day</i>                       |

#### Karakia Inoi Karaitiana Christian Prayer

|                             |                                 |
|-----------------------------|---------------------------------|
| E tō mātou Matua i te Rangi | <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>                     |

|                                |   |
|--------------------------------|---|
| E te whānau (hui)              | <i>For this gathering,</i>              |
| Whāia te mātauranga kia mārama | <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 a tātou katoa          | <i>For each other.</i>                  |

*(Nā Huirangi Waikerepuru i tito)*

## Karakia tīmatanga opening/beginning incantations

Kia tau te rangimārie  
 o te Rangi e tū iho nei  
 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!*

|                |                            |
|----------------|----------------------------|
| 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 ē        | <i>As one.</i>             |

|                          |                                 |
|--------------------------|---------------------------------|
| 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 ē! | <i>strengthened in unity.</i>   |

*(Nā Scotty Morrison i tito)*

## **Karakia whakamutunga closing incantations**

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

|                   |   |
|-------------------|---|
| 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, | <i>Let it be at rest for now, let it be,</i>          |
| Kua tau e         | <i>Let it be</i>                                      |

Kia tau te manaakitanga  
Ki runga ki tēnā ki tēnā o tātou  
Kia piki te ora, kia piki te māramatanga  
Kia hoki pai atu, kia hoki pai mai  
Tūturu whakamaua kia tina (Tina)  
Haumi ē, hui ē, Tāiki ē!

*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 incantations***

Kua mutu ā mātou mahi                    *Our work is finished*  
Mō tēnei wā                                    *For the moment,*  
Manaakitia mai mātou katoa            *Bless us all,*  
Ō mātou hoa                                    *Our friends,*  
Ō mātou whānau                            *Our families,*  
Āio ki te aorangi                            *Peace to the universe.*  
*(Nā Huirangi Waikerepuru i tito)*

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

### ***Karakia Inoi Karaitiana (Christian 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 food blessings**

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

Whakapaingia ēnei kai

*Bless this food*

Hei oranga mō ō mātou tinana

*For the health of our bodies*

Mō ō mātou wairua hoki

*And our spirits*

Āmine.

*Amen.*

Nau mai e ngā hua e hora nei

*We welcome the food that is before us*

I whakatupu-ā-Nuku

*Nurtured by Papatūanuku*

I whakatupu-ā-Rangi

*Nurtured by Ranginui*

Tāwhia ki a Rehua

*Food from Rehua*

Ki a tama i te ao mārama

*And presented to humanity*

E Rongo whakairia ki runga

*Elevated and fixed together by*

Kia tina! Tina!

*Rongo-mā-Tāne.*

Hui ē! Tāiki ē!

*Fixed! United! Affirmed!*

*(Nā Ruka Broughton i tito)*

**(also used as karakia māra gardening)**

Nau mai e ngā hua

*Welcome the gifts of food*

o te wao

*from the sacred forests*

o te ngakina

*from the cultivated gardens*

o te wai tai

*from the sea*

o te wai Māori

*from the fresh waters*

Nā Tane

*The food of Tane*

Nā Rongo

*of Rongo*

Nā Tangaroa

*of Tangaroa*

Nā Maru

*of Maru*

Ko Ranginui e tū iho nei

*I acknowledge the sky father above me*

Ko Papatūanuku e takoto nei

*the earth mother who lies beneath me*

Tūturu o whiti ka whakamaua

*Let this be my commitment to all!*

Kia tina! Tina!

Hāumi ē! Hui ē! Tāiki ē!

*Draw together! Affirm!*

## Karakia hauhake incantations for harvesting

### Karakia harakeke *flax* (also sung as a waiata)

Hūtia te rito o te harakeke  
Kei whea te kōmako e kō?  
Kī mai ki ahau  
He aha te mea nui  
Te mea nui o tēnei ao?  
Māku e kī atu  
He tangata, he tangata, he tangata hei!  
  
*If you pluck out the heart of the flax bush  
Where will the bellbird sing?  
If you ask me  
What is the greatest thing in the world?  
I will tell you  
It is the people, it is the people, it is the  
people!*

*(Nā Meri Ngāroto, Te Aupōuri)*

### Karakia harakeke *flax*

Te harakeke  
Te kōrari  
Ngā taonga tūku iho  
O te rangi  
O te whenua  
O ngā tupuna  
Homai he oranga mō  
mātou  
Tihei, mauri ora!  
  
*Flax plant  
Flax flower  
Treasure passed down –  
Of the earth  
Of the people  
Of our ancestors  
Give wellness to us  
Hear us!*

### Karakia māra *gardening (also used as karakia kai)*

|                       |  |
|-----------------------|--|
| E Rongo, e Rongo      | <i>Rongo, guardian of cultivated foods</i> |
| Homai ngā tipu        | <i>Provide us with your fruits</i>         |
| Hei whakakī te tinana | <i>To sustain our bodies</i>               |
| Hei oranga            | <i>and provide wellbeing</i>               |
| Au eke, au eke        | <i>Unified!</i>                            |
| Hui ē! Tāike ē!       | <i>Connected and blessed!</i>              |

## Waiata Songs

### *A haka ma*

A haka mana para tawa nga wha  
 E heke mene pere tewe nge whe  
     I hiki mini piri tiwi ngi whi  
 O hoko mono poro towo ngō who  
     A E I O U  
 U huku munu puru tuwu ngu whu



### *E Pāpā Waiari*

E hine, hoki mai rā.

*My darling girl, please return to me.*

E Pāpā Waiari,  
 Tāku nei mahi  
 Tāku nei mahi  
 He tuku roimata

*My grief overwhelms me,  
 And all I do  
 And all I do  
 Is to shed tears relentlessly*



#### [chorus]

E auē, auē, ka mate au;

*Alas I will die;*

E hine hoki mai rā

*My darling girl, please return to me*

Māku e kaute  
 Ō hīkoitanga  
 Māku e kaute  
 Ō hīkoitanga

*I will count  
 Your footsteps  
 I will count  
 Your footsteps*

[repeat chorus]

[repeat from E Pāpā Waiari]



### ***E poi atu rā***

|                          |  |
|--------------------------|--|
| Poi poi taku poi         | <i>My poi</i>                            |
| Kia rere taku poi        | <i>Fly my poi</i>                        |
| Whuia tō mauri ki te iwi | <i>Cast your magic to all the people</i> |
| Hurihuri taku poi        | <i>Spin my poi</i>                       |
| Kanikani taku poi        | <i>Dance my poi</i>                      |
| Ia rā taku poi atu rā    | <i>Every day go well my poi</i>          |

*(Nā Jean Yern i tito)*



### ***E rere taku poi***

|                                     |  |
|-------------------------------------|--|
| 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 raro, ki roto, ki waho | <i>Upwards, downwards, inwards, outwards</i> |



### ***Hari huritau (Rā whānau)***

|                         |                                |
|-------------------------|--------------------------------|
| Hari huritau ki a koe   | <i>Happy birthday to you</i>   |
| Hari huritau ki a koe   | <i>Happy birthday to you</i>   |
| Hari huritau ki a ..... | <i>Happy birthday to .....</i> |
| Hari huritau ki a koe   | <i>Happy birthday to you</i>   |

*[Also sung as Rā whānau ki a koe]*

***Ka kite anō***

Ka kite, ka kite, ka kite anō

We'll see you, we'll see you, we'll see you again

*Can you include other languages spoken by your centre whānau?*

*E.g.:*

Tōfā, tōfā, tōfā soifua [Samoan]

Zai jian, zai jian, xia ci, zia jian [Mandarin]

***Mā is white***

A E I O U

Mā is white

Kōwhai is yellow

Wera is hot

Whero is red

Parāone is brown

Māku is wet

Kākāriki is green

Kikorangi is blue

Makariri cold

Pango is black

Karaka

Ua is rain

Mangu is too

is our orange

Mahana is wam

A E I O U

A E I O U

A E I O U

Tahi is one

Ono is six

Rua is two

Whitu is seven

Toru number three

Waru number eight

Whā is four

Iwa is nine

Rima is five

Tekau is ten

Tahi, rua, toru, whā,  
rima

Ono, whitu, waru, iwa,  
tekau

A E I O U

***Oma rāpeti***

|                                    |  |
|------------------------------------|--|
| Oma rāpeti, oma rāpeti             | <i>Run rabbit, run rabbit</i>                    |
| Oma, oma, oma                      | <i>Run, run, run</i>                             |
| Oma rāpeti, oma rāpeti             | <i>Run rabbit, run rabbit</i>                    |
| Oma, oma, oma                      | <i>Run, run, run</i>                             |
| Piko, piko, piko, piko, piko, piko | <i>[Piko is to have your arms bent]</i>          |
| Toro piko                          |  |
| Toro, toro, toro, toro, toro, toro | <i>[Toro is to have your arms stretched out]</i> |
| Piko toro.                         |  |
| A E I O U                          | A E I O U  |

Piko...

Oma...

***Pakipaki tamariki mā***

|                               |                       |
|-------------------------------|-----------------------|
| Pakipaki pakipaki tamariki mā | <i>Clap, children</i> |
| Pakipaki pakipaki tamariki mā | <i>Clap, children</i> |

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

- Hurihuri *[turn]*
- Rere rere *[fly]*
- Hīkoi hīkoi *[walk]*
- Omaoma *[run]*
- Whakarongo *[listen]*

***Tapa toru, tapa whā***

|                     |                             |
|---------------------|-----------------------------|
| Tapa toru, tapa whā | <i>A triangle, a square</i> |
| Tapa toru, tapa whā | <i>A triangle, a square</i> |
| Tapa toru, tapa whā | <i>A triangle, a square</i> |
| Porowhita nui       | <i>A big circle</i>         |

*[Sung to the tune of Happy Birthday]*

***Tēnā koe***

Tēna koe, hello to one  
 Tēnā kōrua, hello to two  
 Tēnā koutou, hello to all



Haere mai everyone. Welcome everyone.

***Tirama tirama***

Tirama tirama ngā whetū  
 Kei te pēhea rā koutou  
 Kei runga ake rā  
 Hei taimana tō rite  
 Tirama tirama ngā whetū  
 Kei te pēhea rā koutou

*Twinkle, twinkle, little star  
 How I wonder what you are  
 Up above the world so high  
 Like a diamond in the sky  
 Twinkle, twinkle, little star  
 How I wonder what you are*

***Tohorā nui***

Tohorā nui  
 Tohorā roa  
 Tohorā tino mōmona  
 Tohorā puahapuha  
 Whiore piupiu e  
 Tohorā kau ana te moana e!

*A big whale  
 A long whale  
 A humongous whale  
 A whale spouting  
 And swishing it's tail  
 A whale swimming in the sea!*



Poaka nui  
 Poaka toa  
 Poaka tino mōmona  
 Poaka kune kune  
 Poaka whiore koro  
 Poaka hongihongi i te paru e!

*A big pig  
 A champion pig  
 A humongous pig  
 Kunekune pig  
 With a curly tail  
 Pig snorting around in the mud!*

**Tō tinana ki roto**

|                      |                                   |
|----------------------|-----------------------------------|
| Tō ringa ki roto     | <i>Put your hand in</i>           |
| Tō ringa ki waho     | <i>Put your hand out</i>          |
| Tō ringa ki roto     | <i>Put your hand in</i>           |
| Ka ruiruihia         | <i>Shake it to and fro</i>        |
| Kei te hopehope au   | <i>I'm shaking my hips</i>        |
| Kei te hurihuri au   | <i>I'm turning right around</i>   |
| Kei te pakipaki auē! | <i>And I'm clapping my hands!</i> |

[Replace 'ringa' with the following for each verse:]

Upoko [head],

Waewae [foot],

Puku [tummy],

Kumu [bottom],

Tinana [body]

**Upoko, pakihewi**

|                                     |  |
|-------------------------------------|--|
| Tahi, rua, toru, whā!               | <i>One, two, three, four!</i>            |
| Upoko, pakihewi, puku, hope, waewae | <i>Head, shoulder, tummy, hips, legs</i> |
| Upoko, pakihewi, puku, hope, waewae | <i>Head, shoulder, tummy, hips, legs</i> |
| Upoko, pakihewi, puku, hope, waewae | <i>Head, shoulder, tummy, hips, legs</i> |
| Taringa, whatu, ihu, waha e!        | <i>Ears, eyes, nose, mouth, yeah!</i>    |

**Whānau Tupu Ngātahi**

|                     |                                  |
|---------------------|----------------------------------|
| Whānau tupu ngātahi | <i>Families growing together</i> |
| Tamariki ako e      | <i>Children learning and</i>     |
| Ki ngā mahi mārika  | <i>Doing awesome work</i>        |
| O ngā tamariki e    |                                  |
| Whānau tupu ngātahi |                                  |
| Ki ngā mahi mārika  |                                  |

[Sung to the tune of Twinkle Twinkle Little Star]

(Written and gifted to Mamaranui Playcentre  
by Arvay Armstrong-Reid during Kahui-Ako 2018)

***E hara i te mea***

Ehara i te mea  
Nō nāianei te aroha  
Nō ngā tūpuna  
He tuku iho, he tuku iho.

*Not the thing  
Of recent times is love;  
But from the ancestors  
Bequeathed to us, bequeathed to us.*

Te whenua, te whenua  
He oranga mō te iwi  
Nō ngā tūpuna  
He tuku iho, he tuku iho.

*From the land, the land  
Sustenance for the people;  
From the ancestors  
Bequeathed to us, bequeathed to us.*

Whakapono, tūmanako  
Te aroha te aroha  
Nō ngā tupuna  
He tuku iho, he tuku iho

*Faith, hope  
And love;  
From the ancestors  
Bequeathed to us, bequeathed to us.*

***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:  
Faith  
Hope  
And the most important  
Is love*

*E tū kahikatea*

E tū kahikatea  
Hei whakapae ururoa  
Awhi mai, awhi atu  
Tātou tātou e

*Stand like the kahikatea  
Spreading across the horizon  
Embrace one another  
We are as one*



E tū kahikātoa  
Kare kau e hinga  
Awhi mai, awhi atu  
Tātou tātou e

*Stand like the kahikātoa  
That will not fall  
Embrace one another  
We are as one*

E tū pūriri  
Toha rā o peka  
Awhi mai, awhi atu  
Tātou tātou e

*Stand like the pūriri  
Spread your branches  
Embrace one another  
We are as one*

## *Mā wai rā*

|                     |                           |
|---------------------|---------------------------|
| Mā wai rā           | <i>Who will</i>           |
| E taurima           | <i>Tend</i>               |
| Te marae i waho nei | <i>To the marae here?</i> |
| Mā te pono          | <i>Honesty,</i>           |
| Mā te tika          | <i>Truth,</i>             |
| Me te aroha e       | <i>And love.</i>          |



**Purea nei**

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

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.

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



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

*(Nā Hirini Melbourne i tito)*

**Te aroha**

Te aroha  
 Te whakapono  
 Me te rangimārie  
 Tātou, tātou e.

*Let love  
 And faith  
 And peace  
 Unite us.*

**Te kākano**

Te kākano  
 Te aroha  
 Te manawa ngā taonga  
 Ko ngā mokopuna  
 Kotahitanga  
 Te kaha o te whānau

*Here lies the seed of Playcentre  
 With warmth and sharing  
 Love, caring give the seed growth  
 The heart of the seed is the children  
 The strength is in the family drawing together  
 In unity and learning*



*[Sung to the tune of You are my Sunshine]*

*(Gifted to Playcentre by life members of the Hutt Association  
 by Papa Hepetema Taitua and Māmā Mate Taitua)*

***Tūtira mai ngā iwi***

|                          |   |
|--------------------------|---|
| Tūtira mai ngā iwi       | <i>Stand together in unity</i>                |
| Tātou tātou e            | <i>All of us, all of us</i>                   |
| Tūtira mai ngā iwi       | <i>Stand together in unity</i>                |
| Tātou, tātou e.          | <i>All of us, all of us</i>                   |
| Whaiā te māramatanga     | <i>Seek out the clearest vision</i>           |
| Me te aroha – e ngā iwi! | <i>And our love so strong – of our people</i> |
| Kia tapatahi             | <i>Let us enfold each other</i>               |
| Kia kotahi rā            | <i>That we may all be one</i>                 |
| Tātou, tātou e.          | <i>All of us, all of us</i>                   |
| Tātou, tātou e.          | <i>All of us, all of us!</i>                  |
| Hi auē hi!               |   |



For more waiata, visit:



[Playcentre Aotearoa  
Spotify Playlist](#)



[Ako Aotearoa  
Resource Kit –  
Waiata Booklet](#)



[Playcentre Aotearoa  
Waiata](#)