



Ki te hoe Indigenising Practice

Ngā karakia me ngā waiata

Te reo me ngā tikanga Māori
rauemi mā ngā kaiako

Ngaroma Williams & Rotu Mihaka

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Whakahua - Pronunciation

Ā Ē Ī Ō Ū – A E I O U

ā ē ī ō ū – a e i o u

A second language pronunciation strategy is to always refer back to the vowels as said in “are there three or two”.

Ngā Karakia

Karakia Tīmatanga: Opening incantations

Karakia Whakamutunga: Closing incantations or Prayers

Whakapai Kai: Blessing of food incantations and Grace

1. Karakia Tīmatanga and Whakamutunga	Tūtawa mai
2. Karakia Tīmatanga	Ko te mauri
3. Karakia Whakamutunga	Kia Whakairia
4. Karakia Whakamutunga	Kia Tau
5. Whakapai Kai	Whakapaingia ēnei kai
6. Whakapai Kai	E Ihoa e Ihoa
7. Whakapai Kai	E Rongo
8. Whakapai Kai	Nau mai e ngā hua

Karakia Tīmatanga me te Whakamutunga

An incantation that can be used
to open or close occasions

Nā Scottie Morrison

Tūtawa mai i runga

Tūtawa mai i raro

Tūtawa mai i roto

Tūtawa mai i waho

Kia tau ai te mauri tū, te mauri ora ki te katoa

Hāumi e, hui e, tāiki e!

I summon from above, I summon from below, I summon
from within and the surrounding environment.
The universal vitality and energy to infuse and enrich all
present. Unified, connected and blessed.



Ko te Mauri

Karakia tīmatanga – An incantation to start with
Nā te iwi Māori

Ko te mauri o Ranginui e tū ake nei
Ko te mauri o Papatūānuku e takoto nei
Ko te mauri o Rongo e kokiri nei
Koia rā te mauri e kawe nei i mātou, Kokiri!

From the essence of Ranginui above
Form the essence of Papatūānuku below
It is the mauri of Rongo that guides us today
Go Forth!



Kia Whakairia

Karakia whakamutunga – A closing incantation

Nā te iwi Māori

Kia whakairia te tapu
Kia wātea ai te ara
Kia turuki whakataha ai
Kia turuki whakataha ai
Hāumi e, hui e, taiki e!

Restrictions are moved aside, so the pathway is clear,
To return to everyday activities, enriched, unified and
blessed.



Kia Tau

Karakia whakamutunga – A Closing prayer

Nā Te Paipera Tapu

Kia tau ki a tātou katoa, te atawhai o tō tātou
Ariki a Ihu, Karaiti,
Me to aroha or te Atua, me te whiwhinga
tahitanga ki te Wairua Tapu,
ake, ake, ake, Amine.

May the grace of our Lord Jesus Christ, and the love of
God, and the fellowship of the Holy Spirit,
be with us all evermore, Amen.



Whakapai Kai

Blessing of food - Grace

Whakapaingia ēnei kai
Hei oranga mō te tinana
Mō o mātou wairua
Hoki Amine.

Bless these foods that give nourishment to our bodies
and thoughtfulness to our minds, Amen.



Whakapai Kai

Blessing of food – Grace

E Ihoa, e Ihoa
Whakapai ēnei kai
Hei oranga mō mātou
Mō o mātou tinana
Amine.

Lord bless this food, for the goodness of ourselves and
nourishment for our bodies, Amen.



Whakapai Kai

Blessing of food incantation

E rongo e rongo
Homai ngā tipu
Hei whakakī te tinana
Hei oranga
Au eke, au eke
Hui e, tāiki e!

Listen, listen, share with us your food, as sustenance for
our bodies, for life we draw together and affirm.



Whakapai Kai

Blessing of food incantation

Nau mai e ngā hua o te wao
O te ngakinga, o te wai tai, o te wai Māori.
Nā Tāne, nā Rongo, nā Tangaroa, nā Maru
Ko Ranginui e tū iho nei
Ko Papatūānuku e takoto ake nei
Tūturu whakamaua kia tina, tina
Haumi-e, hui-e, tāiki e!

I welcome the gifts of food from the sacred forest, from the cultivated gardens, from the sea, from the fresh waters.

The food of Tāne, of Rongo, of Tangaroa, of Maru. I acknowledge Ranginui above and Papatūānuku below. Let this be my commitment to them all.



He Waiata Oriori

Tirotiro: a chant or a supporting waiata after a whaikōrero, pōwhiri or mihi whakatau.

Whakaari: Drama play with finger puppets – a whakapapa story.

1. Waiata Oriori	Tirotiro ki taku tau ...
2. Whakaari: Karetao Matimati	Ranginui rāua ko Papatūānuku me ā rāua tamariki

Tirotiro – Waiata Oriori (Chant)

Nā Putu Mihaka

Tirotiro ki taku tau
Kei hea rā kei hea
Kei runga kē
Kei raro kē
Kei roto i taku moemoeā.

Look, look my darling, Where are you, where?
I look high, I look low, I look inside my dreams.



Ranginui rāua ko Papatūānuku me a rāua tamariki

He whakaari: Karetao Matimati – Drama: Finger Puppets

Nā te whānau o Te Moananui Kōhanga Reo

I nehe rā	Long ago	→ Fold arms
Ko te kore	There was nothing	
No te kore	From nothing	
Ko te pō	There was darkness	
No te pō	From darkness	

Ka puta mai a Ranginui rāua ko Papatūānuku	There came Sky father and Earth Mother	→ Slowly raise one hand above forehead, the other below the pito (navel/tummy button. Hands are lateral to body

I waenganui o rāua	in between them	→ Link hands, fingers inwards

O rāua tamariki	were their children	→ Wriggle fingers
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Ko Tangaroa	Guardian of the sea	Slowly take fingers one by one as you call out the kaitiaki ending with fingers in a steeple form quivering
Ko Tāwhirimātea	Guardian of the winds	
Ko Haumietiketike	Guardian of uncultivated foods	
Ko Tūmatauenga	Guardian of war/man	
Ko Rongomātāne	Guardian of cultivated foods/ peace	
Ko Rūaumoko	Guardian of earthquakes	
Ko te toa	and the strongest	push hands together with force
Ko Tānemahuta	Guardian of the Forests	
Ko ia i wehe ūna matua	For he separated his parents	rotate arms making an outward circle
Ki te Ao mārama	Into the world of light	
		rotate again making the circle bigger



He Rārangi Waiata: Table of Contents

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5.	He aha te tae	Colours and objects
6.	Ngā Atua Māori	Children of Ranginui and Papatūānuku
7.	He aha kei roto i te kete	Vocabulary learning
8.	Te Tinana	Body parts - try different parts
9.	Ngā Pūeru	Clothing
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11.	Ko Kiriki	Flick the fire engine
12.	Hama, hama, hama	Hand play
13.	Tūtira mai ngā iwi	United, together
14.	Hoea te waka	All on board the waka together
15.	Tohorā Nui	Spatial awareness
16.	Ika Pāheke	Slippery Fish
17.	Me Peke	Exercise learning locatives
18.	Tahi ki te Tekau	
19.	Mehemea harikora pakipaki	
20.	Noke	Wrigley worm
21.	Mōrena	Morning greeting: use relevant pronouns
22.	Whakarongo ki te karaka	The clock
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24.	E moe rā	Lullaby for ngā pēpi
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27.	Pakipaki tamariki mā	
28.	Haere mai ki te kai	
29.	Ngā pepeha o ngā iwi	
30.	Ka kite, e noho rā, haere rā	Farewells

Ngā Āhua me ngā Tae

Nā Ngaroma Williams



Porowhita, porowhita, porowhita karaka,
kikoranga, kākāriki, pango mā me whero e!

Circle, circle, circle
Orange, blue, green, black, white and red.



Te Rerekētanga

Nā Ngaroma Williams



Te rerekētanga o ēnei mea
Te rerekētanga o ēnei mea
Te rerekētanga o ēnei mea
Ko tēhea te mea rerekē



One of these things is not like the other
x3



So which one is different.

Ka puta mai te aha

Nā Ngaroma Williams

1+1=2

Kotahi me te tahi ko te rua
Kotahi me te tahi ko te rua
Kotahi me te tahi ka puta mai te rua
Kotahi me te tahi ko te rua

E rua

2+2=4

E rua me te rua ko te whā
E rua me te rua ko te whā
E rua me te rua ka puta mai te whā
E rua me te rua ko te whā

E toru

3+3=6

E toru me te toru ko te ono
E toru me te toru ko te ono
E toru me te toru ka puta mai te ono
E toru me te toru ko te ono

E whā

E whā me te whā ko te waru
E whā me te whā ko te waru
E whā me te whā ka puta mai te waru
E whā me te whā ko te waru

4+4=8

E rima

E rima me te rima ko tekau
E rima me te rima ko tekau
E rima me te rima ka puta mai tekau
E rima me te rima ko tekau

5+5=10



Titiro ki te Rangi

Nā Ngaroma Williams



Titiro ki te rangi – kahurangi!
Kua whiti mai te rā
Whakamahana i a
Papatūānuku
Hei tupu oranga



Titiro ki te rangi (kiwikiwi)
Kua moe kē te rā
Kōpatapata te ua
Hei tupu oranga



Look at the sky – blue!
The sun is shinning
Warming Papatūānuku
Good for new growth

Look at the sky – grey
The sun is sleeping
Pitter patter goes the rain drops
Good for new growth



He aha te tae



He aha te tae o ēnei *puāwai
Whero pango kākāriki
Kōwhai, karaka parauri me mā
Māwhero kahurangi

What is the colour of these flowers
Red, black, green, yellow, orange,
brown and white, pink blue

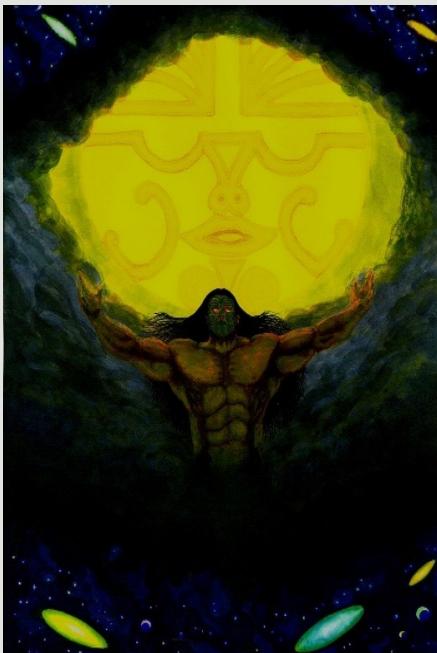
*For the next verse change puāwai (flower) to
whare (house) and then to motokā (car) for the
last verse



Ngā Atua Māori

Nā Rotu Mihaka

Ranginui
Tangaroa
Tāne Mahuta
Tawhirimātea
Tūmatauenga
Haumietiketike
Rongomātāne
Rūaumoko
Papatūānuku e
Skyfather, Guardians of the sea, forest, weather, man/war, uncultivated foods, cultivated foods, earthquakes/volcanoes, Mother Earth.



He aha kei roto i te kete

Nā Ngaroma Williams



He aha kei roto i te kete

He aha kei roto i te kete

He aha kei roto i te kete

A E I O U

He banana kei roto i te kete

He banana kei roto i te kete

He banana kei roto i te kete

A E I O U

(Fill your kete with a range of objects:

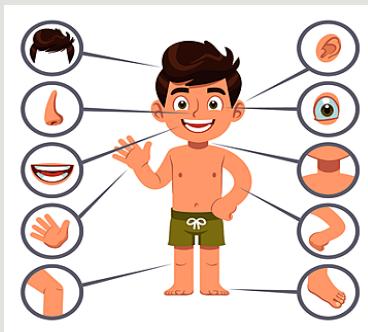
fruit, vegetables, animals...)



Te Tinana

Māhunga pakahiwi puku hope waewae
Māhunga pakahiwi puku hope waewae
Māhunga pakahiwi puku hope waewae

Taringa karu ihu waha e!



Makawē rae paparinga
Makawē rae paparinga
Makawē rae paparinga
Kakī, korokoro, kauae e!

Head, shoulders, stomach, waist, legs x3

Ears, eyes, nose, mouth.

Hair, forehead, cheeks x3

Neck, throat, chin.



Ngā Pūeru

Anei rā taku pōtae
Anei rā taku hāte
Tarau poto me ngā hū
Titiro mai ki a ahau ka rawe e.

Anei rā taku tarau
Anei rā taku koti
Kāmeta me ngā karapū
Titiro mai ki a ahau ka rawe e.

My hat, my shirt, shorts and shoes look at me
I'm all good
My pants, my coat, scarf and gloves look at me
I'm all good.



Pātōtō

Nā Whaea Raiha Mahara

Pātōto, pātōtō koe wai konei rā
Whakarongo, whakarongo ki te kūaha
Huakina, huakina te kūaha auē
Ko Rotu tēnei kei te haere mai.

Knock, knock who is there
Listen listen someone's at the door
Open open the door – alas
Rotu is coming.



Ko Kiriki

Nā Sister Kararaina Mariu

He waka patu ahi au

Ko Kiriki taku ingoa

Kāore rātou i ahau kia whawhai ahi e

Tetahi rā ka tipu ahau

E tino kaha e

Tangi tangi pere karanga

Karanga ki te waka x3

Kiriki!

I'm a little fire engine, 'Flick' is my name

They won't let me put out fires, isn't that a shame

Some day I'll be big and strong

and fight every flame

When there is a fire they'll say quick

Call the little engine x3

Flick!



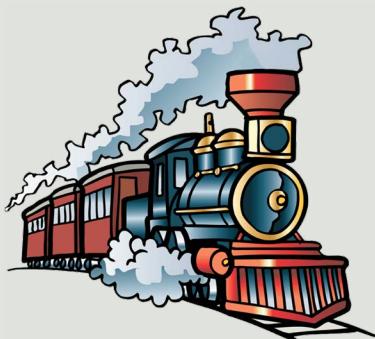
Tamariki mā whakarongo mai

Nā Te Kōhangā Reo whānui

Tamariki mā whakarongo mai
Ki te tangi o te tereina
Pakō pakō pakō (tuuuu)
E haere ana koutou ki hea
E haere ana mātou ki te kotiti e.

Listen children to the sound of the train

Choo choo choo (ooooooooot)
Where are you all going
We are going for a joyride.



Hama

Ko Ngaroma Williams hei whakamāoritia

Hama hama hama

Wiri wiri wiri

Huri huri huri

Pakipaki e.



Hammer x3



Shake x3

Turning x3

Clap.



Tutira mai

Nā Wiremu Te Tau Huata

Tūtira mai ngā iwi,
tātou tātou e
Tūtira mai ngā iwi,
tātou tātou e
Whaia te māramatanga,
me te aroha - e ngā iwi!
Kia tapa tahi,
Kia kotahi rā
Tātou tātou e
(Whakahokia - again)
Tātou tātou e!!
Hi auē hei!!

Line up together people
All of us, all of us
Stand in rows people
All of us, all of us
Seek after knowledge
and love of others - everyone
Think as one
Act as one
All of us, all of us
All of us, all of us
Hi auē hei!!!



Hoea te waka

Nā Morvin Simmons

Hoea te waka tamariki mā x3

Kia piki ai ki runga x2.

Row the canoe children

Climb on board.

NB: change tamariki mā to e tama mā (boys)

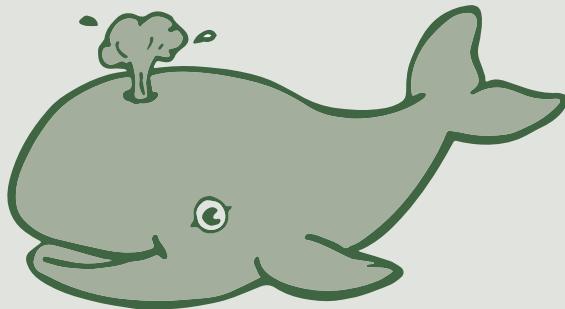
or e hine mā (girls).



Tohorā Nui

Tohorā nui, tohorā roa, tohorā tino mōmona,
Tohorā puapua, whiore piupiu e,
Tohorā kau i roto te moana e.

Big whale, long whale, humongous whale,
Spouting whale, tail splashing side to side
Whale swimming in the sea.



Ika Pāheke

Ko Ngaroma Williams hei whakamāoritia

Ika pāheke, ika pāheke

Kaukau ana i te wai

Ika pāheke, ika pāheke

Horopuku, horopuku, horopuku

Auē e kai ana te karatara i te ika pāheke

Slippery fish x2

Swimming in the water

Slippery fish, x2

Gulp, gulp, gulp

Now include the chain of water creatures:

Karatara, crocodile

Te Wheke, Octopus

Mako Nui, Great White Shark

Tohorā, whale



Me Peke

Nā Ngaroma Williams

Me peke ki te taha matau, matau, matau
Anei rā ahau
Me peke ki te taha mauī, mauī, mauī
Anei rā ahau
Haere whakamua
Hoki muri e
Huri rauna e
Kei konei ahau.

Jump to the right, to the right, to the right
And here I am
Jump to the left, to the left, to the left
And here I am
Go forward
Go backward
Turn around
And here I am



Tahi ki te tekau

Nā Ngaroma Williams

tahi

Tahi, rua, toru, whā

Tahi, rua, toru, whā

Tahi, rua, toru, whā

toru

kore

Ono, whitu, waru, iwa

Ono, whitu, waru, iwa

Ono, whitu, waru, iwa

rua

iwa

Tekau!!!

waru

whitu

1, 2, 3, 4, 5!!!

6, 7, 8, 9, 10!!!

whā

tekau

ono

whitu

rima



Mehemea harikoa pakipaki

Nā Ngaroma Williams

(If you're happy and you know it)



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

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

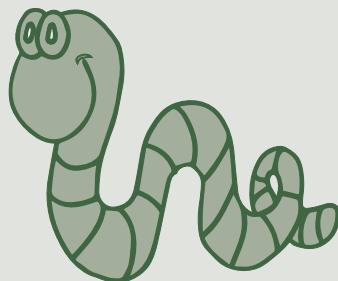


Noke

Nā Hirini Melbourne

Noke neke nuku niki naki ngu
Kāore ūna waewae hei māu hū.

Worm slithering, sliding, gliding, wriggling
He has no legs, no need for shoes.



Mōrena

Nā Raiha Mahara

Mōrena mōrena
Kei te pēhea koutou?
Mōrena, mōrena
Kei te pai mātou.

Good morning how are you all?
Good morning we are fine.



Whakarongo ki te karaka

Nā Te iwi Māori

Whakarongo ki te karaka
tika toka tika toka tika toka e
Titiro ki tana kanohi
tika toka tika toka tika toka e
E rua ana ringa e, he ringa roa,
he ringa poto huri mauī e
Tahi, rua, toru, whā, rima, ono, whitu,
waru, iwa, tekau, tekau
mā tahi, tekau mā rua
Tika toka tika toka tika toka e!

Listen to the clock
tick tock, tick tock, tick tock,
Look at its face
tick tock, tick tock, tick tock,
It has two hands a long and a short
which turns to the left
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Tick tock tick tock tick tock.



E rima rakiraki

Ko Ngaroma Williams hei whakamāoritia

E rima rakiraki haere hikoi e,
Ki runga ngā puke pāmamao
Ka kuaki raki a Māmā rakiraki,
E whā rakiraki hoki mai e.



E whā rakiraki haere hikoi e,
Ki runga ngā puke pāmamao
Ka kuaki raki a Māmā rakiraki,
E toru rakiraki hoki mai e.

E toru rakiraki haere hikoi e,
Ki runga ngā puke pāmamao
Ka kuaki raki a Māmā rakiraki,
E rua rakiraki hoki mai e.

E rua rakiraki haere hikoi e,
Ki runga ngā puke pāmamao
Ka kuaki raki a Māmā rakiraki,
Kotahi rakiraki hoki mai

Kotahi rakiraki haere hikoi e,
Ki runga ngā puke pāmamao
Ka kuaki raki a Māmā rakiraki,
Karekau rakiraki hoki mai e.



(Five little ducks went out to play over the hills and far away, Mother duck says quack, quack, quack and only four little ducks came back. (4 – 3 – 2 – 1 – 0 ducks)

E moe rā

Nā Kingi Ihaka

E moe rā, e te tau
Ki te moe marie
Whakarongo ki te reo
Whakataki nei anō
E pūao mai te rā
Me maranga mai koe
E pūao mai te rā
Me maranga mai koe.

Off to sleep my darling
A peaceful sleep
Listen here to the words of love
Pleasant dreams till you awake



Kei te ako au

I am learning

Kei te ako au

Kei te ako au

Kei te ako au i te reo Māori

Kei te ako au

Kei te ako au

Kei te ako au i te reo Māori

I am learning te reo Māori



Ko ngā rā o te wiki ēnei

(Tune: Banana boat song)

Ngā rā o te wiki / Days of the week		
Mane	Rāhina	Monday
Tūrei	Rātū	Tuesday
Wenerei	Rāapa	Wednesday
Tāite	Rāpare	Thursday
Paraire	Rāmere	Friday
Hatarei	Rāhoroi	Saturday
Hanarei	Rātapu	Sunday

Mane, Tūrei, Wenerei
Hei! Ko ngā rā o te wiki ēnei
Tāite, Paraire, Hatarei
Hei! Ko ngā rā o te wiki ēnei
Hanarei, Hanarei
Ko ngā rā o te wiki ēnei hei!

Monday, Tuesday, Wednesday
Hey – these are the days of the week
Thursday, Friday, Saturday
Hey – these are the days of the week
Sunday, Sunday
These are the days of the week – hey!



Pakipaki pakipaki tamariki mā

(Tune: If you're happy and you know it)

Nā Ngaroma Williams

Pakipaki pakipaki tamariki mā x2

E peke, e peke tamariki mā x2

Hurihuri, hurihuri tamariki mā x2

Takahia, takahia tamariki mā x2

Kanikani, kanikani tamariki mā x2

E haka, e haka tamariki mā x2

Children are clapping, jumping, turning around,
stomping, dancing, doing the haka.



Haere mai ki te kai

(Rangi: Hey good looking)

Nā Ngaroma Williams

Neke, neke, neke
Nuku, nuku, nuku
Neke mai, nuku mai
Haere mai ki te kai!
Gliding and shuffling
Come in for kai



A range of whakapapa waiata/pepeha

Nō Te Arawa ahau
Maketū ki Tongariro
E Pupuri nei taku Māoritanga
Taku mana motuhake e
Nā Kiriwaitingi Maniapoto

I am from Te Arawa
From Maketū to Tongariro is the land
I hold tightly to my culture and heritage

Ko Aoraki te mauka teitei
Ko Waitaki te awa e
Ko Te Wai Pounamu te whenua
Ko Kāi Tahu te iwi e
Nā Ngaroma Williams

Aoraki Mt Cook the highest mountain
Waitaki is the river
Te Wai Pounamu is the land
Kāi Tahu are the people

Ko Taupiri te maunga tapu
Ko Waikato te awa e
He piko he taniwhā te pepeha
Ko Raukawa te iwi e
Nā Ngaroma Williams

The sacred mountain Taupiri
The flowing river Waikato
At every bend of the river a pā
Raukawa the people



Ka kite, Haere rā, E noho rā

Nā Rotu Mihaka rāua ko Ngaroma Williams

Ka kite ka kite ka kite anō

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

Haere rā haere rā ka kite anō

E noho rā, e noho rā ka kite āpōpō.

Goodbye, goodbye, we'll see you again.

Goodbye, goodbye, we'll see you tomorrow



