Resource Kit – Waiata Booklet

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Publishers:
Ako Aotearoa National Centre for Tertiary Teaching Excellence
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This resource is part of a larger project that was supported through the Ako Aotearoa National Project Fund 2009, in the Māori Initiative Projects funding stream.

http://akoaotearoa.ac.nz/kaupapa-maori-early-childhood

Published:
March 2012

Design and layout:
GEON print & communication solutions

ISBN: 978-927202-05-0 (print)
ISBN: 978-927202-04-3 (online)

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Waiata: Te Kare-ā-roto

Developed by
Open Polytechnic
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Supported by
AKO Aotearoa
National Centre for Teaching Excellence
Acknowledgements have been made to Kaitito where known. The authors of all other waiata used in this resource are unknown. These waiata belong to all iwi. They all have their own variations within their own regions and therefore are not subject to copyright. (Huirangi Waikerepuru, 2010.)

‘Waiata: Te Kare-ā-roto. Singing is an inner reflection of an outward emotion. (Translation provided by John Rangihau, 1975.)
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These are the vowels of the Māori alphabet. Piko is to have your arms bent and toro is to have your arms stretched out in front.
A haka mana para tawa ngāwhā
E heke mene pere tewe nge whe
I hiki mini piri tiwi ngi whi
O hoko mono poro towo ngo who
A E I O U
U huku munu puru tuwu ngi whu
Kaikoura, Murihiku,
Ōtautahi, Wakatipu,
Ōtepoti, Wānaka e
Te Tai Poutini o Te Wai Pounamu e aue...
Māhunga
Pakahiwī
Puku
Hope
Waewae
Taringa, whatu, ihu, waha e!

Head, shoulders, tummy, hips, legs – ears, eyes, nose and mouth.
Pakipaki tamariki mā

E peke (Jump)
E oma (Run)
Hurihuri (Turning)
Kanikani (Dance)
Takahia (Stamp)
E haka! (Haka)

Children need to be standing when doing this waiata.
To ringa ki roto
To ringa ki waho
To ringa ki roto
Ka ruiruihia
Kei te hopehope au
Kei te hurihuri au
Kei te pakipaki aue!

Waewae (Leg)
Puku (Tummy)
Kumu (Bottom)
Māhunga (Head)
Tinana (Body)

(Tune: Hokey, Tokey.)
Porohita, porohita, porohita
Karaka, kikorangi, kākāriki,
Pango, mā me whero e.

You can change Porohita with:
Tapatoru – Triangle
Tapawhā – Rectangle

Circle, circle, circle
Orange, blue, green, black, white, and red.
(Tune: Oh My Darling Clementine.)
Pūrerehua rere runga hau
Pāpaki parirau rere runga hau
Ka piki, ka piki runga rawa e
Pāpaki parirau rere runga hau.

Butterfly flying above high upon the wind.
Kaitito: Hirini Melbourne.
**Pūngawerewere**

Pūngawerewere,  
Pūngawerewere,  
Pūngawerewere  
Mahia to whare e.  
Mahia to whare e.  

Haere atu, hoki mai,  
Haere atu, hoki mai,  
Haere atu, hoki mai,  
Mahia to whare e.  
Mahia to whare e.  

**Honohonotia rā**  
**Honohonotia rā**  
**Honohonotia rā**  
Mahia to whare e.  
Mahia to whare e.  

Haere atu ki te huna  
Haere atu ki te huna  
Haere atu ki te huna  
Kua oti to whare e!  
Kua oti to whare e!

Tohorā nui
Tohorā roa
Tohorā tino mōmona
Tohorā puapua Whiore piupiu e
Tohorā kau i roto te moana e!

A big whale, a long whale, a humongous whale, a spouting whale flapping his tail, a whale swimming in the moana.
Kei hea Matakaea?
Kei hea Matakaea?
Kei könei, kei könei!
Kei te pēhea koe?
Kei te pēhea koe?
Kei te pai, kei te pai.

Where is Matakaea? Here I am! How are you?
I am fine! (Tune: Brother John.)
Kaitito: Ngaroma Williams.
Ngā kaute – Counting

Tahi, rua, toru, whā...
Tahi, rua, toru, whā...
Tahi, rua, toru, whā...
Rima!

Ono, whitu, waru, iwa...
Ono, whitu, waru, iwa...
Ono, whitu, waru, iwa...
Tekau!
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 me te rua ko te whā
E toru me toru ko te ono
E whā me te whā ko te waru
E rima me te rima ko tekau

One plus one is two...
Kaitito: Ngaroma Williams.
Me peke ki te taha
matau, matau, matau
Ānei rā ahau
Me peke ki te taha
maui, mauli, mauli
Ānei rā ahau

Haere whakamua
Hoki muri e
Huri rauna e
Kei kōnei ahau.

Let’s jump to the right, right, right side,
And here I am, Let’s jump to the left, left,
left side, And here I am, Go forward,
Come back around in a circle, And here I am.
Kaitito: Ngaroma Williams.
He aha te tae o ēnei pūawai
Whero, pango, kākāriki, kōwhai,
karaka, parauri me mā, māwhero,
kahurangi.

You can change pūawai with
Motoka – cars
Whare – houses

What colour are these blooms, red, black,
green, yellow, orange, brown, white, pink,
blue.
Pīnati noho runga huarahi
Tona manawa hotuhotu
Ka haere mai te tereina nui
Parata “pīnati pata”.

Ārani – Orange
Rōpere – Strawberry

Wai ārani – Orange juice
Miare rōpere – Strawberry jam

Peanut sat on the railway track, his heart was all a flutter, train came running down the railway track, splat peanut butter.

Nā Ngaroma Williams i whakamāoritia.
Ngā wira o te pahi,
haere huri huri huri
huri huri huri,
huri huri huri
Ngā wira o te pahi,
haere huri huri huri
I ngā wā katoa!

The wheels on the bus go round and round,
all day long.
He hōnore

He hōnore, he korōria
Maungarongo ki te whenua
Whakaaro pai e
Ki ngā tāngata katoa
Ake, ake, ake āmene
Te Atua, te piringā
Tōku oranga.

Honour and glory
Peace on earth
Good will,
To all men
So be it
God my heaven and
My salvation.
E te atua aroha mai
E te atua aroha mai
E te atua aroha mai
Ake, āke, tonu e.
Ake, āke, tonu e.
Manaaki mai
Āwhina mai.

O God, shower us with your love,
For ever and ever.

O God, bless us.
O God, help us.
Ehara i te mea
Nō naianei te aroha
Nō ngā tūpuna
Tuku iho, tuku iho.

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

It is not that
Love is a new concept
From the ancestors
Bequeathed to us, bequeathed to us.

The land, the land
Sustenance for the people
From the ancestors
Bequeathed to us, bequeathed to us.
Te aroha
Te whakapono
Te rangimarie
Tātou, tātou e.

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

Let love
faith
and peace
unite us.

You are different
We are different
But at this time
We are as one.
E tū kahikatea
Hei whakapae ururoa
Awhi mai, awhi atu
Tātou tātou e
Tātou tātou e.

Stand like the kahikatea, spreading across the horizon. Embrace one another, we are as one.

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

Stand like the kahikatoa, 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.
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 greatest of these is love.

NB: In te ao Māori, ‘aroha’ is synonymous with caring about, sharing with, and supporting people.
Ko Aoraki te mauka teitei
Ko Waitaki te awa e
Ko Te Wai Pounamu te whenua
Ko Ngāi Tahu te iwi e.

Aoraki Mt Cook the highest mountain.
Waitaki River. The Greenstone Isle is the land
and Ngai Tahu are the people.
Kaitito: Ngaroma Williams.
Let it be me
Who leads you
Along the path
The path of life
Let me lead you.
Karaokia tūwhera
Opening incantation

E te whānau (hui)
Whāia te mātauranga kia mārama
Kia whai take ngā mahi katoa
Tū māia, tū kaha
Aroha atu, aroha mai
Tātou i a tātou katoa.

For this family (gathering)
Seek knowledge for understanding
Have purpose in all that you do
Stand tall, be strong
Let us show respect
For each other.

NB: You can substitute whānau with hui.
Kaitito: Huirangi Waikerepuru.
We welcome the food that is before us
Nurtured by Nuku
Nurtured by Rangi
Food from Rēhua
And presented to man
I sneeze, there is life!
Kua mutu a mātou mahi
Mō tēnei wā
Manaakitia mai mātou katoa
O mātou hoa
O mātou whānau
Āio ki te aorangi.

Our work has finished
For the moment
Bless us all
Our colleagues
Our families
Peace to the universe

Kaitito: Huirangi Waikerepuru.
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
Āmene.

May the peace of God
Reign his blessings upon us
And the love of God
Keep us unified
In his holy spirit
Amen.
Developed for the Kaupapa Māori in Early Childhood Education project by Ngaroma Williams with Mary-Elizabeth Broadley. Available at: www.akoaotearoa.ac.nz/kaupapa-maori-early-childhood