

Resource Kit – Waiata Booklet

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SINGING IS AN INNER REFLECTION OF
AN OUTWARD EMOTION



Waiata: Te Kare-ā-roto

Developed by

Open Polytechnic
KURATINI TUWHERA

Supported by

AKO AOTEAROA
NATIONAL CENTRE FOR
TERTIARY TEACHING
EXCELLENCE





About This Resource

A range of waiata and karakia [incantations/prayers] have been selected in this resource to assist all teachers with their daily practices.

*‘Waiata: Te Kare-ā-roto.
Singing is an inner
reflection of an
outward emotion.
(Translation provided by John
Rangihau, 1975.)*

Acknowledgements have been made to Kaitiō 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.)

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AEIOU

a e i o u

//////
a e i o u

//////
Piko, piko, piko

//////
Piko, piko, piko

//////
Toro piko

//////
Toro, toro, toro

//////
Toro, toro, toro

//////
Piki toro.



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...

A haka mana para tawa ngā whā
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 ngu whu
Kaikoura, Murihiku,
Ōtautahi, Wakatipu,
Ōtepoti, Wānaka e
Te Tai Poutini o Te Wai Pounamu e aue...



A great waiata in learning the pronunciation of the vowels. (Tune: Stupid Cupid.)
Kaitito: Ngaroma Williams – final verse.

Te tinana

Māhunga

Pakahiwi

Puku

Hope

Waewae

Taringa, whatu, ihu, waha e!

} X3



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

Pakipaki tamariki mā

Pakipaki pakipaki

Tamariki mā

Pakipaki 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 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.)

Ngā āhua me ngā tae

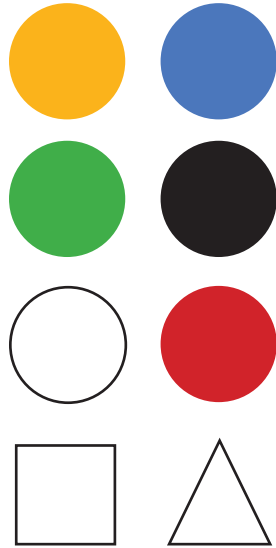
(Shapes and colours)

Porohita, porohita, porohita
Karaka, kikorangi, kākārīki,
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

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!



A spider spinning his web. Kaitito: Hirini Melbourne.

Tohorā nui

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?

Kei hea Matakaea?

Kei hea Matakaea?

Kei kōnei, kei kōnei!

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...

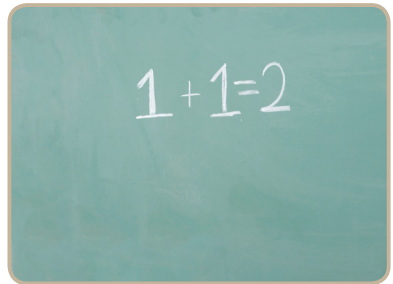
Ono, whitu, waru, iwa...

Tekau!



Kotahi me te tahi

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

Me peke ki te taha
matau, matau, matau

Ānei rā ahau

Me peke ki te taha
maui, mauī, mauī

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?

He aha te tae o ēnei pūawai
Whero, pango, kākāriki, kōwhai,
karakā, 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 pata

Pīnati noho runga huarahi
Tona manawa hotuhotu
Ka haere mai te tereina nui
Parata “pinati 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

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

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

Ehara i te mea
Nō naianeī 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 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

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

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.

Pepeha o Ngāi Tahu

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.



Māku rā pea

Māku rā pea

Māku rā pea

Māku koe e awhi e

Ki te ara

Ara tupu

Māku koe e awhi e.

Let it be me
Who leads you
Along the path
The path of life
Let me lead you.

Karakia 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.

Ngā whakarite kai

Giving thanks for food

Nau mai e ngā hua e hora nei

I whakatupua-a-Nuku

I whakatupua-a-Rangi

Tāwhia ki a Rēhua

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 Nuku

Nurtured by Rangi

Food from Rēhua

And presented to man

I sneeze, there is life!



Kaitito: Ruka Broughton.

Karakia whakamutunga

Closing incantation

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.

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
Āmene.

May the peace of God
Reign his blessings upon us
And the love of God
Keep us unified
In his holy spirit
Amen.

Notes



Notes



Notes



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