

# Resource Kit – Waiata Booklet

Ngaroma M. Williams with Mary-Elizabeth Broadley



### **Authors**

Ngaroma Williams with Mary-Elizabeth Broadley

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Ako Aotearoa National Centre for Tertiary Teaching Excellence  
PO Box 756  
Wellington 6140

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SINGING IS AN INNER REFLECTION OF  
AN OUTWARD EMOTION



# Waiata: Te Kare-ā-roto

Developed by

**Open Polytechnic**  
KURATINI TUWHERA

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**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

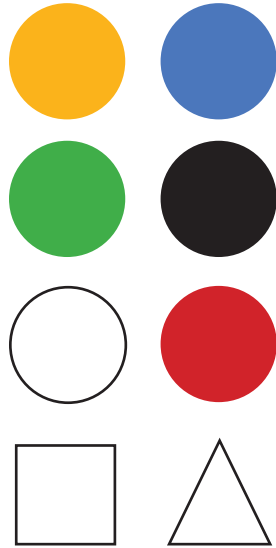
(Shapes and colours)

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...

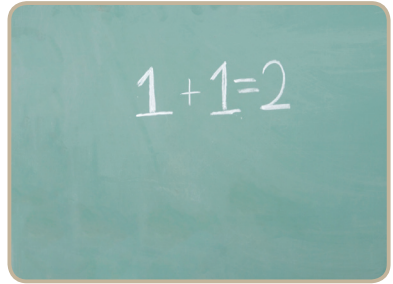
Ono, whitu, waru, iwa...

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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