



**Activity:** Building Character  
**Related Activity:** Learning



# Virtues Project Translation List

English to Cook Island Maori



**Building Character – Virtues Project Translation Lists**

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## The Translation List

The following translation list features ninety three virtues, from English to Cook Island Maori. Our sincere thanks to Kuki Airani, who did the translations, making the Virtues Project materials more useful in the Cook Islands and in New Zealand. The list below relates to the *Virtues Reflection Cards* by Linda Kavelin Popov. It also includes the virtues in the following two handbooks of The Virtues Project:

*The Virtues Project Educator's Guide*, by Linda Kavelin Popov, pub. Pro Ed  
*The Family Virtues Guide*, by Linda Kavelin Popov, pub. Penguin

## Using this Translation List

The *Virtues Reflection Cards* are a set of 100 virtues cards beautifully illustrated with nature photographs in full colour, both sides. They come in a Japanese silk bag, and are intended to be used by adults. 93 of those virtues translated into Cook Island Maori.

To use these virtues with children in secular schools, simply seek out those virtues on this list that also appear in *The Virtues Project Educators Guide*. To use these virtues with children at home or in situations where spiritual education is appropriate, seek out the virtues on this list that also appear in *The Family Virtues Guide*.

## The Virtues Project

... is an approach to bringing out the best in people, with simple strategies for helping them to live by their highest values. Programmes and materials are available to people in many walks of life. *The Virtues Project* is not about the beliefs and practices of any particular religion. It was honoured as a model programme for families at the *World Conference of Cities, Local Government & Private Sector Partners on Families*, in association with the United Nations Secretariat, in the *International Year of the Family*, and is being applied in over 87 countries.

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# Virtues – the Gifts of Character

English to Cook Island Māori: 93 Virtues of *The Virtues Reflection Cards*, by Linda Kavelin Popov

*Urianga o te au tu vaerua (tu Atua) ki roto i te reo Maori Kuki Airani*

1. Accountability	'Ariki rekareka anga i tatou ua'orai au 'iki'anga
2. Appreciation	Kite anga i te au mea meitaki. 'Akaari'anga i te rekareka
3. Assertiveness	Akakitanga emi-kore i te tika e te mea tau
4. Awe	Umeremere, akangateitei anga i te tumu o te ora
5. Beauty	Vaerua umere akatapu i te purotu o te au mea anga'ia.
6. Caring	Akono'anga meitaki i te tangata e te au mea puapinga.
7. Charity	Ngakau oronga
8. Cheerfulness	Tu mataora
9. Cleanliness	Tu ma
10. Commitment	Vaerua akamou ki runga i tei iki'ia kia rave
11. Compassion	Inangaro 'o'onu tikai
12. Confidence	Irinaki'anga papu tikai
13. Consideration	Akamanako 'anga i to tetai ke manako
14. Contentment	Tu 'ariki mareka 'ua i te vai ra
15. Cooperation	'Anga'anga ta'okota'i no te 'akakoro'anga 'okota'i
16. Courage	Ngakau toa
17. Courtesy	Tu maru 'akangateitei i tetai ke
18. Creativity	Karape kimi ravenga takake
19. Decisiveness	Akapapu'anga o te manako ki runga i tei iki'ia
20. Detachment	'Iki'anga ma te kore e inangaro papakita'i
21. Devotion	'Inangaro 'akaperepere tikai
22. Dignity	Tu tau kia akangateitei ia
23. Diligence	Raveanga matakite e te akono tikai i tetai angaanga
24. Discernment	Marama'anga 'o'onu i te tika o tetai' mea
25. Endurance	Vaerua akakoromaki e te aruaru i te tuatau ngata
26. Enthusiasm	Vaerua oraora e te mataora i te ora'anga
27. Excellence	Rave'anga ki te openga o te meitaki te ka rauka
28. Fairness	Oronga anga ki tetai tei tau ki a ia
29. Faith	Piri'anga akamou'ia ki runga i te irinaki
30. Faithfulness	Rave'anga i te mea tika ki ta tatou i irinaki

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31. Fidelity	Akono'anga akatapu i tei koreromotu'ia
32. Flexibility	Ngakau ariki i te au akatuke'anga o te au tupu'anga
33. Forbearance	Akakoromaki'anga rekareka i te au tuatau taitaia
34. Forgiveness	Akakoromaki'anga i te tarevake o teta'i ke e to tatou
35. Fortitude	Maro'iro'i e te akakoromaki no atu te manamanata
36. Generosity	Tu Ngakau oronga
37. Gentleness	Tu maru
38. Grace	Tu maru na roto i ta tatou tuatua e ta tatou angaanga
39. Gratitude	Akaari'anga i te rekareka no te au meitaki
40. Helpfulness	Tu tauturu i teta'i ke
41. Honesty	Tiratira tu, ti'ama e te autara tika
42. Honour	Tu ngateitei, Tu akangateitei
43. Hope	Akara'anga ma te irinaki ki tei tapapa'ia
44. Humanity	Tu akaperepere e te inangaro i te tangata
45. Humility	Ngakau 'aka'aka, maru e te akakoromaki
46. Idealism	Akara'anga ki te au mea meitaki ua atu ei
47. Independence	Irinaki anga ki ta au ua'orai ikianga i te rave
48. Initiative	Emi-kore i te kimi ravenga i te rave angaanga
49. Integrity	Tu tiratira-tu ngateitei tei tau kia irinaki'ia
50. Joyfulness	Tu mataora e te puma'ana i te au tuatau katoatoa
51. Justice	Rave'anga i te mea tau
52. Kindness	Tu aroa takinga-meitaki
53. Love	Aroa e te inangaro
54. Loyalty	Irinaki anga tinamou ki tetai
55. Mercy	Aroa tangi i teta'i ke
56. Mindfulness	Ma'ara'ara anga i te au mea tau e te puapinga
57. Moderation	Ariki anga i tei rava ua
58. Modesty	Ngakau maru e te kore e pupuva'a
59. Nobility	Rave'anga i te au mea ngateitei e te tau tikai
60. Obedience	Kauraro anga ki te tika e ki te ture

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61. Openness	Ngakau ma'ora'ora ki te au manako ou
62. Orderliness	Rave meitaki anga i te au taka'inga o te parani
63. Patience	Tiaki marie anga ma te ak akoromaki
64. Peacefulness	Akamoe'au
65. Perceptiveness	Te kite marama mei roto mai
66. Perseverance	Aruaru tamou anga i te akakoroanga ki te openga
67. Prayerfulness	Tuatua anga ki, ma te akarongo anga i, te Atua
68. Purity	Te ma o te kopapa, te manako, e te vaerua
69. Purposefulness	Papu 'anga i te akakoroanga o te ora'anga
70. Reliability	Tu tau kia irinaki'ia
71. Respect	Akangateitei anga i a koe ua'orai e teta'i ke
72. Responsibility	Ariki'anga i te ka tupu i ta tatou iki'anga
73. Reverence	Tu akatapu
74. Righteousness	Tu tika e te ti'ama
75. Sacrifice	Aka'atinga anga i teta'i mea no teta'i mea ke atu
76. Self-Discipline	Te rave anga i teta'i mea tei tau tikai kia rave'ia
77. Serenity	Vaerua akamoe'au ma te irinaki i te tuatau kino
78. Service	Tauturu anga na roto i te anga'anga aka'atinga
79. Sincerity	Ngakau ma'ora'ora, maru e te ti'ama
80. Steadfastness	Ngaueue-kore o te irinaki'anga
81. Strength	Te maroiroi o roto i te paruru i te ta manamanata
82. Tact	Akakiteanga i te tika na roto i te maru
83. Temperance	Marekaanga i tei tau ia tatou kia tuatua e kia kai
84. Thankfulness	Marekaanga i te au mea e tupu nei kia tatou
85. Tolerance	Tu akakoromaki
86. Trust	Te irinakianga e ka meitaki te au mea ravarai
87. Trustworthiness	Kia tau tatou ki ta tatou i koreromotu
88. Truthfulness	Tuatua tika e te ti'ama i te au atianganga ravarai
89. Understanding	Tu marama i to tetai ke manakonakoanga
90. Unity	Nooanga taokotai
91. Uprightness	Raveanga i te au mea tika e te tau
92. Wisdom	Kite pakari
93. Zeal	Aruaru pakari i tatou I inangaro ma te mataora

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