



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



# Virtues Project Translation Lists

English to Maori & Maori to English



**Building Character – Virtues Project Translation Lists**

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## The Translation Lists

The following translation lists each feature fifty-two virtues, from English to Maori and from Maori to English. Our sincere thanks to kuia and native speaker Tawai Te Rangi, who did the translations, making the Virtues Project materials more useful in New Zealand. The lists below relate to two books by Linda Kavelin Popov:

*The Virtues Project Educator's Guide*, pub. Pro Ed  
*The Family Virtues Guide*, pub. Penguin

## Using the Translation Lists

Each list contains fifty-two virtues. Most of those virtues are common to both the above books, though each book features a slightly different selection of virtues; hence the need for separate lists.

Choose whether to reference from English to Maori or from Maori to English. In each case the lists are in alphabetical order. There are six pages in this document.

## 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 Māori: 52 Virtues of *The Virtues Project Educator's Guide*, by Linda Kavelin Popov

He whakamāoritanga nā Tawai Hauraki-Te Rangi. He taonga aroha mö ngā mokopuna mö āpōpō

Assertiveness	Puaki-tika	Integrity	Ngākau Tapatahi
Caring	Manaaki, Tiaki-pai	Joyfulness	Harikoa, Hakoakoa
Cleanliness	Nohomā, Nohotika	Justice	Ü-ki-te-tika
Commitment	Herenga	Kindness	Ngākau Atawhai
Compassion	Pä-te-aroha	Love	Aroha, Ngariri
Confidence	Mäia	Loyalty	Pūmau, Ngākau Pōno
Consideration	Aaro-nui	Moderation	Äta Ngāwari, Äta-tau
Cooperation	Mahi Tahī	Modesty	Whaka-mōwai, Akaaka
Courage	Hautoa	Orderliness	Whaka-tikatika
Courtesy	Whakaaro-atawhai	Patience	Manawa-roa, Manawanui
Creativity	Waihanga-tanga	Peacefulness	Rangimärie, Hümärie
Detachment	Wehenga Kē	Perseverance	Ü-tonu-tanga
Determination	Hiri-nga	Purposefulness	Whakatara-nga
Diligence	Puku-mahi	Reliability	Mahi-pono-tia
Enthusiasm	Kai-ngākau	Respect	Whakaute, Whakakōwhā
Excellence	Tino Pai-rawa	Responsibility	Kawe-nga, Ü-tanga
Flexibility	Ngāwari-wari	Self Discipline	Whaiaaro, Whakahauhau
Forgiveness	Muruhara, We-wete	Service	Mahi-pono mö Katoa
Friendliness	Whaka-hoahoa	Tact	Maioha, Matawhäiti
Generosity	Ohaoha-nga	Thankfulness	Whaka-whetai-nga
Gentleness	Hümärika	Tolerance	Tuku-märie
Helpfulness	Äwhina, Manaaki	Trust	Whaka-ae-tika
Honesty	Pono-nga	Trustworthiness	Matatika-nga
Honour	Hönore	Truthfulness	Whakaata-pono
Humility	Ngākau Pāpaku	Understanding	Möhio Pai
Idealism	Whakaaro Rangatira	Unity	Kotahi-tanga

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# Virtues – The Gifts Within

English to Maori: 52 Virtues from *The Family Virtues Guide* by Linda Kavelin Popov

He whakamāoritanga nā Tawai Hauraki-Te Rangī. He taonga aroha mō ngā mokopuna mō āpōpō

Assertiveness	Puaki-tika	Kindness	Ngākau Atawhai
Caring	Manaaki, Tiaki-pai	Love	Aroha, Ngariri
Cleanliness	Nohomā, Nohotika	Loyalty	Pūmau, Ngākau Pōno
Compassion	Pā-te-aroha	Mercy	Mahi Tohu, Ātawhai
Confidence	Māia	Moderation	Āta Ngāwari, Āta-tau
Consideration	Aaro-nui	Modesty	Whaka-mōwai, Akaaka
Courage	Hautoa	Obedience	Whaka-mōraro
Courtesy	Whakaaro-atawhai	Orderliness	Whaka-tikatika
Creativity	Waihanga-tanga	Patience	Manawa-roa, Manawanui
Detachment	Wehenga Kē	Peacefulness	Rangimārie, Hūmārie
Determination	Hiri-nga	Prayerfulness	Hia-tuku-inoi
Enthusiasm	Kai-ngākau	Purposefulness	Whakatara-nga
Excellence	Tino Pai-rawa	Reliability	Mahi-pono-tia
Faithfulness	Piri-ponno-nga	Respect	Whakaute, Whakakōwhā
Flexibility	Ngāwari-wari	Responsibility	Kawe-nga, Ü-tanga
Forgiveness	Muruhara, We-wete	Reverance	Mau-te-wehi
Friendliness	Whaka-hoahoa	Self Discipline	Whaiaaro, Whakahauhau
Generosity	Ohaoha-nga	Service	Mahi-pono mō Katoa
Gentleness	Hūmārika	Steadfastness	Tōmau, Pūmau
Helpfulness	Āwhina, Manaaki	Tact	Maioha, Matawhāiti
Honesty	Pono-nga	Thankfulness	Whaka-whetai-nga
Honour	Hōnore	Tolerance	Tuku-mārie
Humility	Ngākau Pāpaku	Trust	Whaka-ae-tika
Idealism	Whakaaro Rangatira	Trustworthiness	Matatika-nga
Joyfulness	Harikoa, Hakoakoa	Truthfulness	Whakaata-pono
Justice	Ü-ki-te-tika	Unity	Kotahi-tanga

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# Nga Taonga Horomata

Māori to English: 52 Virtues of *The Virtues Project Educator's Guide*, by Linda Kavelin Popov  
He whakamāoritanga nā Tawai Hauraki-Te Rangī. He taonga aroha mō ngā mokopuna mō āpōpō

Aroha, Ngariri	Love	Ngāwari-wari	Flexibility
Aaro-nui	Consideration	Nohomā, Nohotika	Cleanliness
Āta Ngāwari, Āta-tau	Moderation	Ohaoha-nga	Generosity
Āwhina, Manaaki	Helpfulness	Pā-te-aroha	Compassion
Harikoa, Hakoakoa	Joyfulness	Pono-nga	Honesty
Hautoa	Courage	Puaki-tika	Assertiveness
Herenga	Commitment	Puku-mahi	Diligence
Hiri-nga	Determination	Pūmau, Ngākau Pōno	Loyalty
Hōnore	Honour	Rangimārie, Hūmārie	Peacefulness
Hūmārika	Gentleness	Tino Pai-rawa	Excellence
Kai-ngākau	Enthusiasm	Tuku-mārie	Tolerance
Kawe-nga, Ü-tanga	Responsibility	Ü-ki-te-tika	Justice
Kotahi-tanga	Unity	Ü-tonu-tanga	Perseverance
Mahi Tahī	Cooperation	Waihanga-tanga	Creativity
Mahi-pono mō Katoa	Service	Wehenga Kē	Detachment
Mahi-pono-tia	Reliability	Whaiaaro, Whakahauhau	Self Discipline
Māia	Confidence	Whaka-ae-tika	Trust
Maioha, Matawhāiti	Tact	Whaka-hoahoa	Friendliness
Manaaki, Tiaki-pai	Caring	Whaka-mōwai, Akaaka	Modesty
Manawa-roa, Manawanui	Patience	Whaka-tikatika	Orderliness
Matatika-nga	Trustworthiness	Whakaute, Whakakōwhā	Respect
Mōhio Pai	Understanding	Whaka-whetai-nga	Thankfulness
Muruhara, We-wete	Forgiveness	Whakaaro Rangatira	Idealism
Ngākau Atawhai	Kindness	Whakaaro-atawhai	Courtesy
Ngākau Pāpaku	Humility	Whakaata-pono	Truthfulness
Ngākau Tapatahi	Integrity	Whakatara-nga	Purposefulness

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He whakamāoritanga nā Tawai Hauraki-Te Rangī. He taonga aroha mō ngā mokopuna mō āpōpō

Aaro-nui	Consideration	Nohomā, Nohotika	Cleanliness
Aroha, Ngariri	Love	Ohaoha-nga	Generosity
Āta Ngāwari, Āta-tau	Moderation	Pā-te-aroha	Compassion
Āwhina, Manaaki	Helpfulness	Piri-pono-nga	Faithfulness
Harikoa, Hakoakoa	Joyfulness	Pono-nga	Honesty
Hautoa	Courage	Puaki-tika	Assertiveness
Hia-tuku-inoi	Prayerfulness	Pūmau, Ngākau Pōno	Loyalty
Hiri-nga	Determination	Rangimārie, Hūmārie	Peacefulness
Hōnore	Honour	Tino Pai-rawa	Excellence
Hūmārika	Gentleness	Tōmau, Pūmau	Steadfastness
Kai-ngākau	Enthusiasm	Tuku-mārie	Tolerance
Kawe-nga, Ü-tanga	Responsibility	Ü-ki-te-tika	Justice
Kotahi-tanga	Unity	Waihanga-tanga	Creativity
Mahi-pono mō Katoa	Service	Wehenga Kē	Detachment
Mahi-pono-tia	Reliability	Whaiaaro, Whakahauhau	Self Discipline
Mahi Tohu, Ātawhai	Mercy	Whaka-ae-tika	Trust
Māia	Confidence	Whaka-hoahoa	Friendliness
Maioha, Matawhāiti	Tact	Whaka-mōraro	Obedience
Manaaki, Tiaki-pai	Caring	Whaka-mōwai, Akaaka	Modesty
Manawa-roa, Manawanui	Patience	Whaka-tikatika	Orderliness
Matatika-nga	Trustworthiness	Whakaute, Whakakōwhā	Respect
Mau-te-wehi	Reverance	Whaka-whetai-nga	Thankfulness
Muruhara, We-wete	Forgiveness	Whakaaro Rangatira	Idealism
Ngākau Atawhai	Kindness	Whakaaro-atawhai	Courtesy
Ngākau Pāpaku	Humility	Whakaata-pono	Truthfulness
Ngāwari-wari	Flexibility	Whakatara-nga	Purposefulness

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