



**Activity:** Celebrating Cultures  
**Related Activity:** Singing & Fun



# Taku Mei Ao



## Activity Notes

### Celebrating Cultures Activity Notes for *Taku Mei Ao*

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## The Child's World

*Taku Mei Ao*, (My World), celebrates the child's world, from the natural environment through to children exercising their own bodies, and learning simple health-care at home or in the community. The animal songs engage children's interest in the creatures around them, in scenarios such as the pond, farm animals, zoo animals, and pets. Then several songs inspire children to dance and get exercising. Lastly we encourage children to remember simple tasks such as washing hands and cleaning up. Each song focuses on one theme.

## Introducing Tawai Te Rangi

We thank our elder and Kai Arahi, Aunty Tawai Te Rangi, from Ruatoria. Aunty is co-writer of several of the songs and contributor to the ideas in this book. Tawai is a native speaker of Te Reo Maori and her dearest wish is to pass down her knowledge, and the spiritual values of the Maori culture, to the next generation. These values are evident in her lyrics, in the waiata *Whaka-ute* (Respect), *Waihanga-tanga* (Creativity), *Mea He Toroa* (like an albatross), and *Horoia O Ringa* (Wash You Hands).

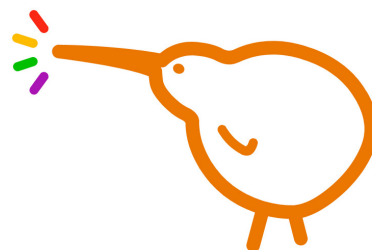
## Award Winning Songs

*Taku Mei Ao*, (My World), is a compilation of contemporary waiata in Maori from several former bilingual UCA albums. Eight of these are award-winning songs: five from *Waiata Kararehe*, *Animal Songs*, which won *Best Children's Album* at the New Zealand Music Industry Awards in 1996, and three from *Clean Up Time – Te Wa Whakapai*, which won a *Silver* medal in the Practical Preschool Awards in the UK. Also included are values-education waiata from the Storytime album, *Tears of the Albatross* - now available on MP3 download in either English, (*Tama's Puturino*), or Maori, (*Nga Pihi 4*). The movement songs from the tri-lingual album, *Korikori*, *Luelue Mai*, *Busybodies*, are also included in this collection.

## Singing, Dancing & Science Learning

*Taku Mei Ao* waiata are at a pace that is easy to learn and sing along. Some tracks are great for creative dance and also in the science curriculum. Several tracks focus on values and virtues, building character through bringing out the best in children. Simple language is used to make it easy to pick up key words or phrases for people learning Te Reo Maori. Music is a unique tool supporting language learning through engaging the right brain. The song lyrics and English translations are detailed in the following pages.

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**For your reference, this document totals 19 pages.**

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## Track 1

### Mea He Toroa

Kupu Maori na Tawai Te Rangi  
Music - Chorus, Traditional, Verses Radha Sahar

- Chorus* Rere runga mea he Toroa ...  
Rere runga, rere raro, rere waho e  
Rere uta, rere tai, rere runga ra!
- Verse 1.* Rere runga ra  
Taku ngakau, taku wairua  
Rere runga ra  
Mea he Toroa ... *Chorus*
- Verse 2.* Rere waho e  
Te manu rangimarie  
Te manu pumau e ... *Inst, Chorus*
- Verse 3.* Rere uta, rere tai  
Haere atu, haere mai  
Rere uta, rere tai  
Aue! Ka pai!



#### Translation

- Chorus* Like an albatross ...  
Flying high or swooping low  
Spread spreading outwards  
Inland or out to sea  
Soaring high above
- Verse 1.* Fly high my heart, my spirit!  
Like an albatross
- Verse 2.* Fly wide, away from me, towards me  
Like an albatross
- Verse 3.* Fly inland or out to sea, bird of peace  
Inland or out to sea, bird of loyalty  
Inspiring, good!

#### Activity Notes

The albatross spends most of its time flying high above the ocean. Children can pretend they are flying too, swooping in all directions as the music plays. Or simply sing along.

#### Science Learning

Experiment: Three children, each just over a metre tall, lie down, head to toe, making a line. That's how wide the wings of the Northern Royal Albatross, (toroa), are when fully open in flight! (up to 3.5 metres). Toroa can fly as fast as 115 kilometres per hour! They live a long time and mate for life, raising only one chick every two years. They start having babies when they are about 6–10 years old. The soft, white feathers of the Albatross are sacred symbols of peace for the Maori people. They are very scarce.



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## Track 2

### Waihanga Hanga Tanga!

Kupu Maori na Tawai Te Rangi  
Music - Radha Sahar

*Chant* Waihanga hanga tanga, waihanga e  
Waihanga hanga tanga e!

*Verse* Popokorua haere, hikoi e! x2  
Waihanga hanga tanga, waihanga e  
Waihanga hanga tanga e!  
Waihanga tanga whare hou  
Mo te whanau me hapu e  
Ko piko atu, ko piko mai  
Ko piko piko e

Pikopiko! Pikopiko!

#### **Translation**

*Chant* Creativity! I am creative!

*Verse* Ants are always moving, marching  
Ants on the move, marching in line  
Being creative  
Creating new homes  
For their family and friends  
Doing this, doing that  
This way, that way

Off we go, moving too!

#### **Activity Notes**

Children could pretend they are ants. Let them choose whatever movements they wish to do to the music. Sing along sometimes. Talk about Creativity: what creative activities do they enjoy?

#### **Science Learning**

Most ants live underground. Their trails lead to an entrance tunnel, which goes down to the nest. Queen ants can live for up to fifteen years! They only mate once, then lay thousands of eggs. 'Ant talk' is not with words like we have: they touch and smell each other. Ants warm their nests by carrying the warmth of the sun underground – first they bask out in the sun. Then when they are hot, they scamper down and release heat into the nest. Ants help control caterpillars aphids and other insects, and they make soil more fertile by adding their waste to it. They are much stronger than people, carrying up to twenty times their own weight. Aunty says "This is like you carrying twenty children at once!"



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## Track 3

### Nga Kaiora Horoto

Music & Lyrics by Radha Sahar  
 Translation into Te Reo : DocFerris

*Verse 1* Kotahi he rakiraki e kau ana  
 I te horoto, i te horoto  
 E hia nga rakiraki?  
 Kotahi, kotahi!

*Verse 2* E rua nga tuna ...

*Ending* E toru te rite o te tahi te rua  
 E ono te rite o te toru me te toru  
 E tekau te rite o te ono me te wha ...  
 Tekau nga kaiora!  
 E hia nga taniwha?  
 Kaore – phew! Cha, cha, cha!

*Verse 3* E toru nga pepeke ...

*Verse 4* E wha nga ika ...  
 E hia nga ika? – E wha, e wha!  
 E hia nga kaiora?

#### Translation

*Verse 1* One little duck is swimming around  
 Down in the pond, swimming in the pond x2  
 How many ducks there?  
 One – just one

*Verse 2* Two little eels are swimming around  
 Down in the pond, swimming in the pond x2  
 How many eels there?  
 Two – just two

*Ending* One plus two equals three, three plus three equals six  
 Six plus four equals ten – ten creatures!  
 How many monsters? None – phew! Cha, cha, cha!

*Verse 3* Three little frogs ...

*Verse 4* Four little fish ...  
 How many fish there?  
 Four, there are four  
 How many creatures?

#### Activity Notes

This counting song also gives older children an opportunity to practice a tricky bit of addition at the end. Extend children's learning visually with photos of the creatures. Children could act out, or move to, the music.

#### Science Learning

Talk with children about animals, birds, and insects that live in water. Then talk about different water habitats – oceans, rock pools, lakes, rivers, streams and ponds. How do rock pools differ from ponds? Talk about fresh water creatures that thrive in still or slow flowing water.



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## Track 4

### Te Ngahere

Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris

- Verse 1.** Nga paihama, nga tia,  
Kaua e turakina te ngahere!  
Aue! Aue!  
E turakina ana koutou te ngahere  
Ko te ngahere mo nga manu!
- Verse 2.** Nga ngeru, nga kiore  
Kaua e turakina te ngahere!  
Aue! Aue!  
E turakina ana koutou te ngahere  
Ko te ngahere mo nga manu, nga kiwi!

- Verse 3.** Nga poaka, nga kuri  
Kaua e turakina te ngahere!  
Aue! Aue!  
E turakina ana koutou te ngahere  
Ko te ngahere mo nga manu,  
Nga kiwi, nga kakapo!
- Verse 4.** Nga wihara, nga tangata  
Kaua e turakina te ngahere!  
Aue! Aue!  
E turakina ana koutou te ngahere  
Ko te ngahere mo nga manu,  
Nga kiwi, nga kakapo, nga takahe!

#### Translation

- Verse 1.** Opossum! Wild deer!  
Please don't destroy the forest!  
Opossum! Wild deer!  
Please don't destroy the bush!  
Oh no! Oh no!  
You're destroying the beautiful forest!  
Oh no! Oh no!  
You're destroying the beautiful bush!  
And the bush belongs to the birds!  
(The kiwi ... the kakapo, the takahe)
- Verse 3.** Wild pig, wild dog ...
- Verse 3.** Wild cat! Wild rat!  
Please don't destroy the forest!  
Wild cat! Wild rat!  
Please don't destroy the bush!  
Oh no! Oh no!  
You're destroying the beautiful forest!  
Oh no! Oh no!  
You're destroying the beautiful bush!  
And the bush belongs to the birds!  
The kiwi ...
- Verse 4.** Weasels, and people ...

#### Activity Notes

Find a picture book, or photos from the internet, or magazine pictures of the creatures in the song. Once the children know the song well, try singing along with the pictures. Also fun to sing with toy animals or puppets.

#### Science Learning

Discuss the conservation ideas in the song with the children. What ideas do they have for preserving our native bush? What can children do to help?



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## Track 5

### Whakaute

Kupu/Words: Tawai Te Rangi  
Music by Radha Sahar

*Verse* Whaka-ute tia e  
Te whenua Papatuanuku e  
Ki nga manu menga kaiora e  
Ki oku Kui, Koro e, Nga tohu tohu e  
Ki oku Kui, Koro e, Ka nui taku aroha na

#### **Translation**

*Verse* I respect things beautiful  
I respect the Earth and sea  
The birds and creatures around me  
The way we do things right

#### **Activity Notes**

Children will enjoy creating pictures or posters that illustrate people and things they find beautiful and inspiring.

#### **Values Learning**

This waiata is excellent for values education, teaching the virtue of Respect: caring about others and our elders, listening to their wisdom and treating them well. We also respect our environment and the impact our actions have on it. Discuss what respect looks like at home, at school, in the community and in nature.



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## Track 6

### Whakatopa

Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris

*Verse* Whakatoroa ö parirau me whakatopa!  
E rere he manu! - Katahi, hoki mai ki tö kohanga  
Pokai ö parirau e moe

#### Translation

*Verse* Stretch your wings and fly away!  
Fly like a bird! - Fly away! -  
And then come flying back to your cosy nest  
Fold your wings and sleep.

#### Activity Notes

Use this song to calm children and to settle them down into relaxation at the end of dance, gym or movement time. Explore gentle, light movements, winding down to a slower pace. Encourage children to move their arms in twirling, flying movements, then to curl up on the floor to rest. Repeat.

#### Language Learning

Learn the following key words in Maori, through singing the song, and through movement:  
'Fly', 'bird', 'wings', 'nest,' and 'sleep.'



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## Track 7

### Nga Kararehe Pamu

Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris

Verse 1. Whakarongo ki te kau!  
E noho ia te kau (x3)  
I runga i te pamu

Verse 3. Whakarongo ki te kuri!

Verse 5. ... te nanenane ...

Verse 6. ... te hoiho ...

Verse 7. ... te poaka ...

Verse 2. Whakarongo ki te hipi!  
E noho ia te hipi (x3)  
I runga i te pamu

Verse 4. Whakarongo ki te hei hei!

#### Translation

Verse 1. Listen to the cow!  
A cow lives on the farm (x3)  
Down on the farm

Verse 3. Listen to the dog ...

Verse 5. ... goat ...

Verse 6. ... horse ...

Verse 7. ... pig ...

Verse 2. Listen to the sheep!  
A sheep lives on the farm (x3)  
Down on the farm

Verse 4. Listen to the hen ...

#### Activity Notes

This waiata is fun to sing while playing with toy farm animals or while browsing through a children's picture book of farm animals. Once the children can sing the song without the recording, they could choose any animal in any order and suggest other farm animals to sing about.

Use this song also to help children develop the essential literacy skill of listening.

#### Easy Language Learning

The key language learned in this song is the names of farm animals, and the command 'listen ...'



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## Track 8

### Aku Mokai

Music & Lyrics by Radha Sahar  
 Translation into Te Reo: Doc Ferris

*Verse 1.* He penei te tangi o taku ngeru  
 Taku ngeru, taku ngeru  
 He penei te tangi o taku ngeru –  
 Eaow! Eaow! Eaow!

*Verse 2.* He penei te tangi o taku kuri ...

*Refrain* Aku mokai, aku mokai  
 Awhi, awhi

*Verse 3.* He penei te tangi o taku manu ...

*Verse 4.* He penei te tangi o taku mahui ...

*Refrain ...*

*Verse 5.* He penei te tangi o taku ika ...

*Verse 6.* Kaua e tangi taku rapeti ...  
 Engari – tarapeke, pekepeke, pekepeke ia!

*Refrain ...*

#### Translation

*Verse 1.* My cat it makes a sound like this  
 My little cat, my little cat  
 My cat it makes a sound like this  
 Meow, meow, meow!

*Verse 2.* My dog it makes a sound like this ...

*Refrain* My pets, my pets  
 I love them all

*Verse 3.* My bird it makes a sound like this

*Verse 4.* My mouse it makes a sound like this ...

*Refrain ...*

*Verse 5.* My fish it makes a sound like this ...

*Verse 6.* My rabbit does not make a sound ...  
 But he goes hop, hop, hop, hop ... hop!

#### Activity Notes

This song is excellent to help children's listening and vocalisation skills, both essential literacy skills. Use the theme of pets to also stimulate children into creative activities such as drawing, collage, and painting. This is a superb theme song for school pet day!

#### Science and Language Learning

The key words learned in this song are the names of the animals.

For science learning, talk with the children about the sounds that different animals make, extending into areas such as contented sounds, (purring), distress calls (rabbits do make a loud squeal if they are highly distressed, for instance), and other sounds.

Learn about how our pets need to be cared for.

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## Track 9

### Te Rawhi Whakaaturanga

Music & Lyrics by Radha Sahar  
 Translation into Te Reo: Doc Ferris

*Verse 1.* E haere ana tatou  
 Kit e rawhi whakaaturanga  
 He aha ka kite ai tatou?  
 He pea, he pea!  
 He pea, he pea nui!

*Verse 2.* E haere ana tatou  
 Kit e rawhi whakaaturanga  
 He aha ka kite ai tatou?  
 He arewhana! ...

*Verse 3.* He raiona ...

*Verse 4.* E haere ana tatou  
 Kit e rawhi whakaaturanga  
 He aha ka kite ai tatou?  
 He taika ...!

*Verse 5.* E haere ana tatou  
 Kit e rawhi whakaaturanga  
 He aha ka kite ai tatou?  
 He hako iti!

#### Translation

*Verse 1.* Hey! We are going, yes we all are going  
 To the zoo, to the zoo  
 What are we about to see?  
 A bear, a bear  
 A bear – a great big bear!

*Verse 2.* Hey! We are going ...  
 An elephant! ...

*Verse 3.* A lion! ...

*Verse 4.* A tiger! ...

*Verse 5.* A monkey! A little monkey!

#### Activity Notes

This is an excellent song to sing before, during, and after a visit to the zoo! Ask children what other animals are at the zoo. Children love singing this song, and they particularly enjoy mimicking the animal sounds at the ends of the verses. This song is also fun to sing with a picture book or with toy animals.

#### Science and Language Learning

The key words learned in this song are the names of the animals.

For science learning, talk with the children about the different animals, what they eat, and the special ways they need to be housed at the zoo. Talk about the sounds they make – what sounds are frightening, what sounds are endearing, etc? Tell us about *your* trip to the zoo!



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## Track 10

### Kori Tinana

Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris

Whakanga. Whakaha. Kori tinana mahi korikori (Repeat)

Runga! Raro! Maui! Matau! E huri! Kāti

(Repeat all of above)

Whakanga, whakaha, whakanga, whakaha...

#### Translation

Breathe in. Breathe out. Plenty of fresh air and exercise (Repeat)

Up! Down! Left! Right! Turn around! Then stop!

(Repeat all of above)

Breathe in, breathe out ...

#### Activity Notes

This is a great introductory track to get children exercising. It focuses on warming up for exercise, and more specifically, breathing. To move with the track, jump up and down if each child only has small space.

Talk about 'plenty of fresh air and exercise' and how important it is in our lives. Talk about how exercise helps us burn off calories we have eaten in food, how it strengthens our muscles, etc. What ways do the children enjoy exercising? What do their parents do? What other exercise do the children think they or their families might enjoy?

#### Easy Language Learning

Learn the key language commands taught in this track:  
"Up, down, left, right, turn," and "stop."

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## Track 11

### Kei Raro i te Papa

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris*

- Verse 1.* Kei raro i te papa, kei raro i te papa, Ma wai e korikori, kia rite ki te noke? ... Korikori!
- Verse 2.* Kei raro i te papa, kei raro i te papa, Ma wai e kaukau, kia rite ki te ika? ... Kaukau!
- Verse 3.* Kei raro i te papa, kei raro i te papa, Ma wai e ngoki, kia rite ki te anuhe? ... E ngoki!
- Verse 4.* Kei raro i te papa, kei raro i te papa, Ma wai e peke, kia rite ki te pepeke? ... E peke!  
Ma wai e pārore, kia pārore he ngārara i te ra? Kia tupato i te tīkākā!

#### Translation

- Verse 1.* Down on the floor, down on the floor, who can wriggle like a worm? ... Wriggle!
- Verse 2.* Down on the floor, down on the floor, who can swim like a fish? ... Swim!
- Verse 3.* Down on the floor, down on the floor, who can crawl like a caterpillar? ... Crawl!
- Verse 4.* Down on the floor, down on the floor, who can leap like a frog? ... Leap!  
Who can relax like a lizard in the sun? Watch out for sunburn!

#### Activity Notes

Free-dance the chorus then move imaginatively on the floor with: "wriggle, swim, crawl," and "leap". Floor exercises demand bodily strength, and so extend children's skills in an entirely unique way. Relax after this track.

Draw pictures of the different creatures in the song, and talk about the different ways they move.

#### Science and Language Learning

Learn the key language commands - "wriggle, swim, crawl" and "leap" - taught in this track.

Discuss the different creatures: why do they move the ways they do? Where do they live? What do they eat? How do their environments affect the way they move and what they eat?

Make a poster about the creatures, starting with creating areas of the poster for the different environments. Paste a photo of each creature in the song on the area of its environment. Add pictures of other creatures that live in those environments.



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## Track 12

### Hiteki, E piu, Harapa!

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris*

- Verse 1. Hieki tamariki ma! Hiteki huri noa i te ruma tamariki ma. Hiteki!
- Verse 2. E piu tamariki ma! E piu huri noa i te ruma tamariki ma. E piu!
- Verse 3. Härapa tamariki ma! Härapa huri noa i te ruma tamariki ma. Härapa! ... ano...  
Tahi, Rua, Tahi, Kāti!

#### Translation

- Verse 1. Hop children hop! Hop around the room!
- Verse 2. Skip children, skip! Skip round the room!
- Verse 3. Gallop children, gallop! Gallop around the room! ... and again...  
One, two, three, then stop!

#### Activity Notes

Hopping and skipping can be challenging physical skills to learn, so children feel a great sense of accomplishment upon mastering them. The 6/8 rhythm, not nearly as common as 4/4, is novel for many young children. It is the natural rhythm for hopping, skipping and galloping. So this track affords children an excellent opportunity to move to the rhythm successfully. Young children may not be able to sustain the movements in the allotted time so allow them to stop and start as they need.

#### Language Learning

Learn the key Maori language commands, Hiteki, E piu, Harapa, (Hop, Skip, Gallop).  
And at the end – Kāti! - STOP!

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## Track 13

### He Aha te Mahi Maku?

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris*

**Chorus:** (sung before each verse) He aha te mahi maku ka rongo a au ki te rangi?

**Verse 1.** Tuatahi, maku e pakipaki

**Verse 4.** Tuawha, maku e korikori

**Verse 2.** Tuarua, maku e takahia

**Verse 5.** Tuarima, maku nga mahi e mahia!

**Verse 3.** Tuatoru, maku e pekepeke

#### Translation

**Chorus:** (sung before each verse) What action will I do when I hear the music? What action will I do?

**Verse 1.** First, I'll clap

**Verse 4.** Fourth, I'll wriggle

**Verse 2.** Second, I'll stamp

**Verse 5.** Fifth, I'll make up my own action!

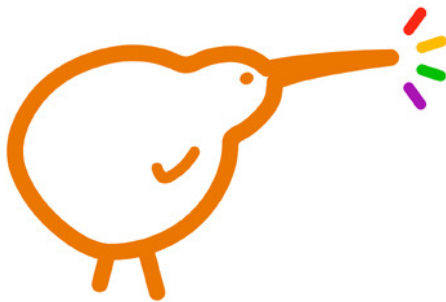
**Verse 3.** Third, I'll jump

#### Activity Notes

Encourage children to do the actions as sung in the song, (clap, stamp, jump & wriggle), in their own way.

#### Language Learning

"First, second, third, forth" & "fifth" are the key Maori words taught through this song.



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## Track 14



*Music & Lyrics by Radha Sahar  
 Translation into Te Reo: Doc Ferris*

*Verse1.* Whakaohotia! Whakatoroa ö ringa, Me ö waewae, Pioioi ö hope (Repeat)

*Chorus:* Korikori, korikori! Oreore. Timata! Korikori, korikori! Kanikani!

*Repeat Verse 1*

*Verse2.* Titakataka tö upoko, Takarure ö ringa, Me ö waewae, Whakaohotia!  
 Me pehea te kori o tö tinana? Ka mahi tamariki ma!

### Translation

*Verse1.* Loosen up! Stretch those arms, and your legs. Sway your hips. (Repeat)

*Chorus:* Busy bodies, busybodies, Let's move – let's go!  
 Busybodies, busybodies... dance!

*Repeat Verse 1*

*Verse2.* Wobble your head. Shake your hands, and your feet. Loosen up!  
 How does your body like to move? Well done children!

### Activity Notes

Warm up and stretch, working through the major muscle groups in the body. Dance freely after the chorus. Talk with children about what 'warming up' is: how famous sports people always 'warm up' before they run, swim or play, to help prevent them tearing their muscles.

Discuss why we need to exercise: it helps us use up the energy we eat in our foods, it keeps us fit, our muscles strong, our heart and lungs healthy. Stretching and wobbling loosens up our muscles and joints and keeps our bodies flexible.

### Language Learning

Learn, in Maori, the key language in this song - the names of the major body parts. The term 'Kori kori,' which is used here in the chorus, is a popular word for 'exercise'.





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## Track 15

### Te Wa Whakapai

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris*

- Verse 1. *Aue! Te paruparu hoki*  
Ko te wa whakapai, Ko te wa whakapai, ko te wa whakapai  
E heke! Whakapai! inaenei!
- Verse 2. *Kei mau te whanau maanaki, Kei mau te whanau maanaki*  
*Kei mau te whanau maanaki.* E heke! Whakapai inaenei!

#### Translation

- Verse 1. It's clean up time, clean up time x3  
Get down! Clean up! Right now!
- Verse 2. Helping is fun, you will see  
Now you are in the helping family  
Helping is good for you and me  
Get down! Clean up! Right now!

#### Activity Notes

Sing along as you clean up. Try dancing along too! As a fun dramatic exercise you and the children can also relate your singing to various activities as if the whole scene were a stage musical. In the instrumental sections feel free to make up new words pertinent to your situation – e.g. 'Sweeping is fun, you will see ...'

#### Values Learning

Sing this song in relation to the virtues, Cleanliness, and Helpfulness. Talk with the children about what happens when we have a bigger and bigger mess around us, or dirty drinking cups, etc. In what ways do the children enjoy being helpful? In what ways do they enjoy helping others? Talk about 'singing as we work' – how in many countries people sing to help them get tasks done in a happy way.



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#### Celebrating Cultures Activity Notes for Taku Mei Ao

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**Activity:** Celebrating Cultures  
**Related Activity:** Singing & Fun



## Track 16

### Horoia O Ringa

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Lester Mohi*

*Verse* Horoia o ringa, me horoia o ringa x2  
Horoia o ringa, te hopi me te wai  
Horoia te parupaaaru. Aue – tino pai!

#### **Translation**

*Verse* Wash, wash, wash our hands, time to wash our hands  
Soap, water, turn on the tap, time to wash our hands  
Scrub, scrub, swish and rinse, no more dirt to see  
Shake them, dry them, take a look – now they're super clean!

#### **Activity Notes**

This personal hygiene song was composed especially to encourage children to wash their hands. Sing it before eating, after going to the toilet, or cleaning up, etc. It's also a good motivator to sing with the children as you guide them towards the bathroom.

#### **Values Learning**

Talk with the children about germs, and about how they spread = why we need to keep our hands clean – especially after we go to the toilet. What other times do we wash our hands?



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**Activity:** Celebrating Cultures  
**Related Activity:** Singing & Fun



## Track 17

### Ka Penei Te Ahua

*Music & Lyrics by Radha Sahar  
Translation into Te Reo: Doc Ferris*

- Verse 1. Ka penei te ahua rarautia ngā kaupeka, kaupeka  
Ka penei te ahua rarautia, ngā kaupeka a te wa whakapai
- Verse 2. Ka penei te ahua tahitahi, tahitahi te papa  
Ka penei te ahua tahitahi, te papa a te wa whakapai
- Verse 3. Ka penei te ahua horoi, ngā rihi, ngā rihi  
Ka penei te ahua horoi, ngā rihi a te wa whakapai
- Verse 4. Ka penei te ahua whakapai, ngā pukapuka, pukapuka  
Ka penei te ahua whakapai, ngā pukapuka a te wa whakapai
- Verse 5. Ka penei te ahua ukuia, ukuia te peita  
Ka penei te ahua ukuia, te peita a te wa whakapai
- Verse 6. Ka penei te ahua whakapai, ngā tārenga, tārenga  
Ka penei te ahua whakapai, ngā tārenga a te wa whakapai

#### Translation

- Verse 1. This is the way we pick up the toys ... at clean up time
- Verse 2. This is the way we sweep the floor ... at clean up time
- Verse 3. This is the way we wash the dishes ... at clean up time
- Verse 4. This is the way we tidy the books ... at clean up time
- Verse 5. This is the way we wipe up the paint ... at clean up time
- Verse 6. This is the way we tidy the shelves ... at clean up time



#### Activity Notes

Children love the familiar 'here we go round the mulberry bush' melody, so they easily can sing along with this song. Either play the track in the background as you tidy up, or sing the song any time as an action song, miming the various activities as you go. That way the song can also be sung as a 'sit-song' reinforcing the whole idea in children's minds.

#### Values Learning

Whaka-tikatika, Nohoma - Orderliness, Cleanliness