



Awhiawhi



Kai tahi



Tuku mihi



Hīkoi haere



Inu wai



Whakatā



Āta haere



Putā ki waho



Noho puku



Tuhi whakaaro



Wānanga



Kia auaha

Hei oranga ngākau. Hei pikinga wairua. Hei tānga manaua.

#ahomai