This is an inspirational waiata about the importance of guiding your life by the principles of faith, hope, and love – aroha. Aroha means more than simply love – it can mean caring and sharing and also supporting people. This is a useful waiata when you need to perform a waiata at a pōwhiri (welcome ceremony).

This waiata can be sung unaccompanied. It is in the call and response style and needs a strong singer to lead it. Alternatively, use two groups and then swap their parts.

This waiata can be used to discuss the concept of aroha where it means more than love. Discuss with the students the things they care about and those they love. “Ngā mea e aroha ana mātou”/Things we love.

The values of whakapono, tūmanako, and aroha can be discussed and added to the tikanga/uara chart.

This waiata can be used to support learning numbers by introducing simple question and answer language patterns.

“E hia ngā mea?” – How many things (are there)?
“E toru ngā mea.” – There are three things.

The words “ngā mea” can be replaced by the words for other objects in the classroom, for example, “ngā pene” (pens), “nga tūru” (chairs), “nga tēpu” (tables).

The number “toru” in the response can be replaced by any number from two to nine that the children have already learnt, for example, “e whā ngā pene”, “e ono ngā tūru”, and so on.

If there is only one object, the language pattern for the response is “Kotahi te …”

*The song sheets for all waiata and haka are at the back of this book.*