This waiata is usually a waiata ā-ringa (action song). It can be made into a game. The teacher performs an action, and the students sing back the relevant line. When they are familiar with this activity, one student can be the leader and choose the action. There is scope for changing words and actions as students build up their vocabulary. Appropriate dance movements can also be developed.

Use this waiata to introduce parts of the body, and link it to “Taku Kanohi Tēnei” (14), which is also about body parts.

Add words such as “pākēkē”, “takahuri”, “tinana”, and “pakipaki” to the ngā kupu mahi (verbs) chart along with those from “Ko Mātou” (4).

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