This action song will help to teach parts of the body. Make up appropriate actions and practise many times. Then, choosing one line at a time, do the actions instead of singing the words for that line. Use body percussion to keep the beat.

Make flash cards of the names and pictures of the body parts. Use the flash cards to reinforce vocabulary learning.

Make a large silhouette of a person and make labels to reinforce the names of the parts of the body in te reo Māori.

Make flash cards for each line of the waiata and give these out to students. As each line is sung, the students with the appropriate line could hold up their card. The cards can then be displayed on the wall.

Use the waiata to practise “taku” (singular, my/mine) and “aku” (plural, my/mine) and link to “tēnei” (singular, this) and “ēnei” (plural, these) interchangeably. For example:

taku waha  my mouth

Aku karu My eyes
Taku ihu My nose
Taku waha My mouth
Taku arero My tongue
Aahh Aahh
Aku ringaringa e And my hands
Aku ringaringa e And my hands

Aku pakihwē ēnei These are my shoulders
Taku uma My chest
Taku puku My stomach
Taku hope My hip
Kss hī auē hi! Kss hī auē
Waewae takahia e And my stamping feet
Waewae takahia e And my stamping feet

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