

30. KO TAKU UPOKO HINE POA

Ko taku upoko	<i>This is my head</i>
Ko taku kanohi	<i>My face</i>
Ko taku ihu, waha e	<i>My nose and mouth</i>
Ko aku whatu	<i>My eyes</i>
Ko aku taringa	<i>My ears</i>
Ko aku pāpāringa e	<i>And my cheeks too</i>
Ko taku poho	<i>This is my chest</i>
Ko taku hope	<i>My waist</i>
Ko taku puku, kumu e	<i>My stomach and backside</i>
Ko aku waewae	<i>My legs</i>
Ko aku matimati	<i>My fingers</i>
Ko aku ringaringa e	<i>And my hands too</i>

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This waiata is similar to “Taku Kanohi Tēnei” (14) and can reinforce te reo Māori language learning for the names of parts of the body. Develop actions to support understanding of these names. Students can sketch a diagram of themselves and label their various body parts in te reo Māori.

Discuss the possessives “taku” (singular, my) and “aku” (plural, my). Have the students use the sentence constructions “Ko taku ...” and “Ko aku ...” to practise using the correct phrasing.

Use the line “Ko taku upoko” to discuss the importance of the head in Māori tikanga. List tikanga Māori protocols to do with the body, such as not sitting on tables or pillows. Add these to the tikanga/uara chart.

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