

# 36. PĀ MAI KO TE REO AROHA

Pā mai ko te reo aroha                      *Your words of love and support are heard*  
Ki runga i te motu e                              *Across the land*  
Kei hea rā, e hine                                *Where are they, my dear*  
Hāpainga tō iwi Māori e                        *Those who will uphold your people*

Kia kaha, kia toa                                 *Be strong and resourceful*  
Ki te hāpai i ngā mahi Māori                 *To ensure our heritage*  
Kua tū mokemoke tātou                        *Lest we stand alone*  
Kua tū pani auē                                  *And bereft*

Taringa whakarongo ake                       *So hear us*  
Kia kaha, kia toa e                              *Be strong and courageous*  
Kia kaha, kia toa                                *Be strong and resourceful*  
Ki te hāpai i ngā mahi Māori                 *To ensure our heritage*  
Kua tū mokemoke tātou                        *Lest we stand alone*  
Kua tū pani auē (*repeat*)                      *And bereft*

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This waiata encourages people to hold on to their heritage and to be strong and courageous in doing so. Write a vision statement based on the language in this waiata. Focus on phrases such as “Kia kaha, kia toa”. Ask students if they are familiar with these phrases and discuss where they may have heard them before.

Poi or tī rākau can be used to accompany this waiata.

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