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.*