

# ORIORI — HUIA KAIMANAWA

Nā Wiremu Hohaia i tito

This oriori was composed to nurture and support positive messaging of ōranga while tamariki are getting ready for moe. Through this oriori the principles of ōranga are sung ensuring good health is set early in life. The oriori aligns with the Sleep Well component of the *Active Play Guidelines for Under-fives* and reminds us of the importance of sleep for your overall ōranga.

[www.health.govt.nz](http://www.health.govt.nz)

E moehewa taku puipuiaki  
E hōrapa ngā rangi takō  
Ka huri whakaterāwhiti  
Ko to aro, te whitinga o te rā  
Ka huri whakateuru  
Ko to aro, te tōnga o te rā

E hoka ana koe ki runga  
Ki te āhuru mōwai  
E rumaki ana koe i nga rangi tuhāhā

Ka rere atu koe ki te kohu i, to maunga rangatira e  
Kia tau iho ra i te tihi  
Ka kitea te whaanui mata o papa  
Ka huri whakararo koe  
Kia rere atu ki runga to whenua papatipu  
Ka huri whakauta koe  
Kia rere atu ki runga to whenua taurikura

E rere e rere e taku huiā kaimanawa

Dream my precious  
Explore the clear skies  
Gaze eastward  
There you will see the rising of the sun  
Gaze westward  
There you will see the setting of the sun

Soar on above  
To a calm place  
Immerse yourself within the sacred knowledge

Now fly onwards into the mists of your  
chiefly mountain  
Come to land at the peak  
Where the mighty breadth of the earth can be seen  
Then you turn and descend  
Passing over your ancestral lands  
Then you head inland  
Passing over your prosperous lands

Fly, fly on my treasured one

