

# WAIATA — TE RAU AMOKURA

Nā Wiremu Hohaia i tito

This waiata was composed to acknowledge the importance of activity and movement for tamariki. Through this waiata we focus on the importance of tamariki within their whānau and highlight the role they play within Te Ao Māori. This waiata aligns with the Move More and Sit Less components of the *Active Play Guidelines for Under-fives* by nurturing connection and aspirations for tamariki under five.

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(Chorus)

E te rau amokura  
He rangatira mākohā nui  
Kei taku piringa  
Kei taku oranga  
Kei taku pūmau  
Kia piri, kia tata, kia nukunuku mai

(Verse 1)

He huakina mai  
Tōku ngākau, mōhou  
Kei roto i ahau, te hurō e raungaiti ana  
Me āta pupuri kia mau, kia ita, kia kore ai e ngaro

(Chorus 2)

(Verse 2)

E kakapa kau ana  
Tōku whatu manawa mōhou  
Ko koe, te tau o taku ate  
He piki kōtuku koe  
Me āta pupuri kia mau, kia ita, kia kore ai e ngaro

(Chorus 3)

(Chorus)

Remarkable chief  
A tranquil leader  
My shelter  
My livelihood  
My permanence  
Be close, be near,  
but let your movements be frequent

(Verse 1)

My heart mind and soul is open for you  
The joy within in me I can't contain  
Carefully grasped, held firm, so that you  
will never be lost

(Chorus 2)

(Verse 2)

The seat of my emotions flutter for you  
As you are the grace of my heart  
You are the symbol of uniqueness  
Be close, be near,  
but let your movements be frequent

(Chorus 3)

