

Pick one of these whakataukī:

- He mahi kai takata, he mahi kai hōaka (Hastings Tipa - Kāti Hāteatea/Kai Tahu).
It is work that consumes people, as greenstone consumes sandstone.
○
- Mō tātou, ā, mō kā uri a muri ake nei – For us, and our children after us.
○
- Hāhā te whenua, hāhā te tangata – Desolate land, desolate people.
○
- Haere mai, e te Rāwhiti - Welcome o sunrise.

A traditional greeting of the South Island to the North Island. A reference to the fact that each day the sun first reaches Hikurangi. (Ngā Pepeha a ngā Tipuna: Smith 1913a:113).

- Manaaki whenua, Manaaki tangata, Haere whakamua — (Care for the land, care for the people, Go forward)

Pick two of these whakataukī:

Whakatauki (not Kai Tahu)

Ko te whenua te waiu mo nga uri whakatipu (The land will provide sustenance for future generations).

Whakapuputia mai o manuka, kia kore ai e whati — (Cluster the branches of the manuka so they will not break).

Kahikatea tū i te uru — (Strength in numbers)

He kōtuku rerenga tahi — (A rare visitor).

He moana pukepuke e ekengia e te waka — (A choppy sea can be navigated by a waka).

Kāore te kūmara e kōrero mō tōna reka — (The kūmara does not speak of its own sweetness).

Rite ki te Moa, ka ngaro / pēra ki te Pouakai, ka ngaro — (Just like the moa/pouakai, it will be lost).

Nā te moa i takahi te rātā — (The rata that has been trampled on by a moa when young will never grow straight).

Ko tāepaepa kā waewae o Te Rā — (The sun's legs are hanging down over the hole that he disappears into at night/Hurry up or you will be late).

E kore au e ngaro He kākano i ruia mai i Rangiātea — (I will never be lost for I am the seed that has been scattered from Rangiātea).

He totara wāhi rua, he kai nā te toki — (A totara tree split in two is food for the adze/when the group is of 2 minds, 1 succumbs to the weapon of the foe).

I hea koe i te ao o te kōwhai? — (Where were you at the time of the kōwhai? everyone wants to share in the results but no one wants to do the work).

Kua pakoa te tai — (The tide is right out/their strength is all gone).

Kia mate a Ururoa! kei mate Tarakihi — (Let us die bravely, as the fierce shark, Ururoa & not quietly like the Tarakihi).

Kaua e Mate Wheke, Me Mate Ururoa - Do not die like an Octopus, die like a Hammerhead shark.

Tungia te ururoa kia tupu whakaritorito te tupu o te harakeke — (Set fire to the overgrown bush and the new flax shoots will spring up/clear away what is bad and the good will flourish).

Mate atu he tētē kura, ara mai he tētē kura — (A fern frond dies but another frond rises to take its place/when a person of note passes, someone will rise to take their place).

Kaua e mate wheke mate ururoa - Don't die like a octopus, die like a hammerhead shark.

Octopus are renown for their lack of resistance when being captured, however a hammerhead shark will fight bitterly to the end, to the point that when you fillet it fresh, its meat quivers. Commonly used to encourage someone not to give up, no matter how hard the struggle is.

Kua hinga te totara i te wao nui a Tane - The totara has fallen in the forest of Tane. A totara is a huge tree that grows for hundreds of years. For one of them to fall is a great tragedy. This proverb is said when someone of importance passes away. The Totara is a native tree of New Zealand.

E kore te patiki e hoki ki tona puehu - The flounder (fish) does not return to his dust. Do not make the same mistake twice.

He manako te koura i kore ai - There are no crayfish as you set your heart on them.

This is similar to not putting all your eggs in one basket. You could also consider this as Don't count your chickens before they are hatched.