

***Me īnoi tātou.***

**Kia tū**

**Pause**

**Kia mauritau**

**Relax**

**Kia aro**

**Be focused**

**Kia mana-wa-nui**

**Be patient**

**Kia māia**

**Be confident**

***Kia tina,***

**tina,**

**Keep at it**

**haumi e hui e,**

**Bind as one**

**tāiki e!**

**Together**