

**Kia inoi tātou**

**Kia hū**

Pause

**Kia marino**

Be calm

**Kia whaka-moe-miti**

Be thankful

**Kia manatu**

Be mindful

**Kia mā-rohi-rohi**

Be resolute

**Kia tuku**

Be released

**Kia rite**

Be ready

**Kia tina**

Keep at it

**Tina,**

Continue on

**haumi e hui e taiki e**

Agreeance