

Kapa haka

Kapa haka is a great way to build relationships, keep active, and be immersed in waiata, mōteatea and te reo Māori.

Today our tamariki have many opportunities to learn and perform kapa haka at kōhanga and kura. They may join in with other whānau members who are involved in kapa haka.

Kapa haka has evolved to become well known globally and includes national festivals such as Te Matatini and many regional festivals. Joining or supporting a kapa haka team is good for the whole whānau, including pēpi.

Try and learn a haka with your pēpi. It's amazing what they already know. Pēpi learns to sing, copy movements, keep a beat, use te reo Māori and listen to others.

What a great workout for their brain and body!

