

Kaitiaki pēpi

Ngā mahi a te rēhia

Ngā mahi a te rēhia is a term used for games and pastimes, including the arts of storytelling, singing, dancing and kapa haka.

According to Māori legend, ngā mahi a te rēhia originated from the atua Hineraukatauri, the atua of taonga puoro, and Tānerore, the atua of haka and performing arts, who was the son of Tamanuiterā.

Ngā mahi a te rēhia were common during harvesting when hapū would gather together to help each other.

They'd celebrate with hākari, waiata, haka and games. These activities often passed on knowledge as well as providing entertainment and exercise.



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!

