

Homai kia rima

Mō ngā ringa mā!

Horoia ō
ringa mō te
20 hēkona

Whakamaroketia
ō ringa mō te
20 hēkona



1 Whakamākūngia ō ringa
ki te wai rere. Whakamahia
he wai mahana mēnā ka taea.



2 Meatia he hopi ki ō
ringa. Horoia mō te 20 hēkona.
Whakamahia he hopi waiwai
— ko te painga atu tērā.



3 Mirimiringia ō
ringa kia mirumiru
ai te hopi.



4 Mirimiringia ngā
taha e rua o ō ringa...



5 Ki waenganui hoki
i ō matimati me ō kōnui...



6 Huri rauna i ō
ringa e rua.



7 Ringihia te hopi ki te
wai mā e rere ana.
Whakamahia he wai
mahana mēnā ka taea.



8 Whakamaroketia katoatia
ō ringa mō te 20 hēkona.
He pai ake he rauangiangi
(me tauera mā, maroke hoki
mēnā kei te kāinga koe).

Horoia, whakamaroketia ō ringa i ngā wā katoa...

i mua i

te kai, te taka
kai rānei

i muri i

te whakapā atu
ki te kararehe

te tihe, te mare,
te whengu ihu rānei

te haere ki
te wharepaku

te tākaro i waho

