

# Ko te wā moe

## Time for bed.

Here are some words and phrases to use when getting your child ready for bed. Give them some advanced warning so that they know it's about time. Follow a routine (e.g. toilet, teeth, story time, waiata, karakia, lights out). Always encourage your children with positive language. Praise their efforts and they'll be encouraged to keep trying.



Kotahi Mano Kāika

### He Rāraki Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. pyjamas	<b>weruweru moe, kahu moe</b>	1. get into bed	<b>eke(a)</b>	1. happy, contented	<b>manahau / uruhau</b>
2. bed	<b>rara, moeka</b>	2. to put on (clothes)	<b>komo(hia)</b>	2. quiet	<b>nohopuku, wahakū</b>
3. left (side)	<b>maui</b>	3. sleepy	<b>hiamoe, matemoe</b>	3. blanket	<b>paraikete</b>
4. right (side)	<b>matau</b>	4. tired	<b>keke</b>	4. back to front	<b>ko muri ki mua</b>
5. sleeve	<b>rikarika</b>	5. grumpy	<b>kutu komemome, pukukino</b>	5. turn back to front	<b>huri rapa</b>
6. story time	<b>wā pānui pukapuka</b>	6. turn-off (tv, lights, etc)	<b>whakaweto(hia)</b>	6. whisper	<b>kōhimuhimu</b>
7. bed time	<b>wā moe</b>	7. turn over (pages in book)	<b>huri(hia)</b>	7. naked	<b>kirikau</b>
8. to brush (teeth, hair)	<b>wakuwaku(a), paraihe(tia)</b>	8. page	<b>whāraki</b>	9. dreams	<b>moemoeā</b>
8. head	<b>māhuka</b>	9. late	<b>tōmuri</b>	10. to snore	<b>korowaru</b>
9. pillow	<b>uruka</b>	10. take off (clothes)	<b>tako(hia)</b>	11. outcome, consequence	<b>hua</b>

### He Rereka Kōrero (Example Sentences)

1. Ko te wā moe ināianei.	1. It is bed time now.
2. Komohia ō weruweru moe.	2. Put your PJs on.
3. Me pānui pukapuka tāua/tātou?	3. Let's read a book (tāua= 2 incl, tātou 3+ incl)?
4. Ka nui kē te ketekete. Kia nohopuku ināianei. Katia kā karu. Kia maumahara, he rā anō āpōpō.	4. Enough chatter. Be quiet now. Close your eyes. Remember, tomorrow's another day.
5. E hika! Ko muri ki mua / Ko roto ki waho.	5. Good heavens! Its back to front / inside out.
6. Kua taka te wā. He kihi mā tō hākui / hākoru, kātahi kia kotahi atu ki te moeka.	6. It's late. Give your mum/dad a kiss and get straight off to bed.
7. Wakua ō niho e te tau, kia kūrāpa mai!	7. Brush your teeth my darling. Be hasty!

## Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. E taku piki kōtuku.	1. Term of endearment (eg. my darling).
2. Kīa au te moe.	2. Have a restful sleep.
3. Pō marie / Pō rarau / Naiti rā.	3. Good night.
4. Ko taka te wā / pō.	4. It's getting on / it's late.
5. Manioro ki!	5. What a racket!

## Whakataukī (Proverbs)

1. <b>He wenewene ki tai, he wenewene ki uta.</b> “Grumbling at sea, grumbling ashore” or “Disliked at sea, disliked ashore.” – A warning to one given to complaining: ‘keep it up and you’ll have no friends’.
2. <b>Ko tata te kai a Tūiti.</b> “Tūiti’s food is nearby.” – Tūiti is a proverbial figure who was supposed to spend much time asleep. The expression is a polite way to tell others that you are ready for sleep.
3. <b>Ko te ahiahi mata momoe; ko te ata titoretore kanohi.</b> “In the evening the eyes are sleepy; in the morning the eyes are wide open.” – The meaning is that there is a time for everything. It may also mean that some tasks should be postponed to the morning when the mind, refreshed by sleep, is more alert. One might also address this saying to those who are sleepy when they should be awake.
4. <b>Moe ana mata hī tuna; ara ana te mata hī taua.</b> “The eyes of an eel fisher are closed in sleep; the eyes of those who fish for war-parties remain open.” – If sentries sleep, the whole tribe is threatened.
5. <b>Tēnā kā kanohi ko tikona e Matariki.</b> “Here are eyes affected by Matariki.” – This is said of one who is wakeful at night.

## Kīnaki (A Little Something Extra)

<p><b>He karakia hai te wā moe</b></p> <p>Tēnei au tēnei au, Te tukuka iho o wāku kōwhirika Te huataka mai o wāku mahi. Hōmai ki ahau te kaha me te mōhio kia whāia ko te ara tika Ko aku rika ki kā rākau o te ao hurihuri nei, hai oraka mō taku tinana Ko taku manawa ki kā taoka o ōku tūpuna, hai tikitiki mō taku māhuka. Ko taku wairua ki kā atua, nāna nei kā mea katoa. Ko te mea nui, ko te aroha ki te takata Whano whano hara mai te toki Haumi e, Hui e, Tāiki e!</p>
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