

Morning

Whakataka te hau ki te uru
Get ready for the westerly
Whakataka te hau ki te tonga
and prepared for the southerly
Kia makinakina ki uta
It will be icy cold inland
Kia mataratara ki tai
and icy cold on the shore
E hi ake ana te atakura
May the dawn rise red-tipped on ice,
He tio, he huka,, he hauhu
on snow, on frost
Tihei Mauri Ora!
Behold, there is life!

Afternoon

Kia tau nga manaakitanga a te wahi ngaro
May the blessings from above
ki runga ki tena ki tena
be bestowed upon each and every one
Kia māhea te hua makīkī
Clear the path of obstacles
Kia toi te kupu
The language remains
toi te mana
Prestige is honoured
toi te hauora
Health is assured
Kia turuturu o whiti whaka maua
Bind it above, bind it below
kia tina, tina! haumie! hui e! tāiki e!
And so it is! And so it is! So be it!