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| **English** | **Cook Island Maori** |
| Hello | Kia Orana |
| Please | Me ka tika |
| Thank you | Meitaki Maata |
| Be quiet (Listen to me) | Muteki (Akarongo mai) |
| Get out your books | Kiriti mai ta’au puka ki vao |
| Sit down | Noo ki raro |
| Put your bag down | Tuku i ta’au kete puka ki raro |
| Remove the iPod | Kiriti I ta’au iPod |
| Goodbye | Ka Kite |
| Start work | Akamata I te angaanga |
| Happy Birthday | Kia mataora I toou ra anauanga |
| Great job! | Angaanga meitaki taau I rave! |
| Keep it up | Akamaroiroi uatu rai |
| You’re doing well | Te meitaki ra taau angaanga |
| I’m proud of you | Ngakau parau tikai au iakoe |

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| **English** | **Cook Island Maori** |
| Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday | Mōnitē  Ru’irua  Ru’itoru  Paraparau  Varaire  Ma’anākai  Tāpati |
| One  Two  Three  Four  Five  Six  Seven  Eight  Nine  Ten  Eleven  Twenty  Twenty-one  Thirty  Thirty-one  One hundred  Two thousand | ta’i  rua  toru  ‘ā  rima  ono  ‘itu  varu  iva  ta’i nga’uru  ta’I nga’uru ma ta’i  rua nga’uru  rua nga’uru ma ta’i  toru nga’uru  toru nga’uru ma ta’i  ‘ānere  rua tuasani |
| January  February  March  April  May  June  July  August  September  October  November  December | Tiānuare  Pēperuare  Māti  ‘Aperirā  Mē  Titūnu  Tiurai  ‘Aukute  ‘Okotopa  Tepetema  Noema  Titema |



