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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** |
| MondayTuesdayWednesdayThursdayFridaySaturday Sunday | MōnitēRu’iruaRu’itoruParaparauVaraireMa’anākai Tāpati |
| One TwoThreeFour FiveSixSevenEightNineTenElevenTwentyTwenty-oneThirtyThirty-oneOne hundred Two thousand | ta’iruatoru‘ārimaono‘ituvaruivata’i nga’uruta’I nga’uru ma ta’irua nga’ururua nga’uru ma ta’itoru nga’urutoru nga’uru ma ta’i‘ānere rua tuasani |
| JanuaryFebruaryMarchAprilMayJuneJulyAugustSeptemberOctoberNovember December | TiānuarePēperuareMāti‘AperirāMēTitūnuTiurai‘Aukute‘OkotopaTepetemaNoema Titema |



