

Mental Health
Awareness Week
21-27 September

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A Māori Phrase a Day: 365 phrases to kickstart your reo

Kelly, H. (2020). N.Z.: Penguin Random House | Raupo. 

This pukapuka/book makes it all the more possible for all New Zealanders to learn te reo Māori. If you are a beginner, it is a simple, practical, user friendly and fun way to start your reo journey. If you are already a speaker like myself, the book provides a welcomed opportunity to be reminded of different phrases and to expand your knowledge.

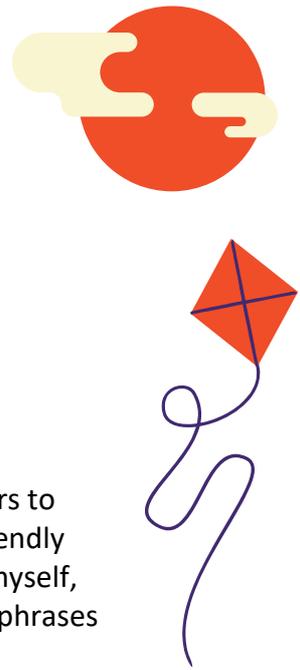
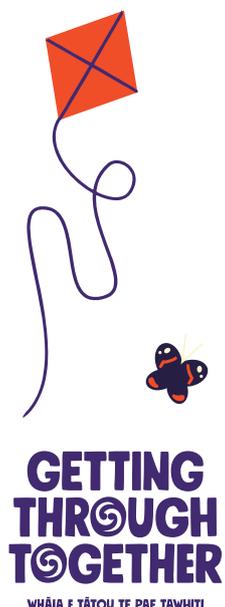
A Maori Phrase A Day offers 365 of the most common and contemporary te reo phrases and a list of definitions in both Māori and English. Author Hēmi Kelly has divided the phrases into 28 common categories, from commuting or making travel plans, to being at work or talking about the weather, to enjoying the outdoors, and everyday conversations with your family and friends. For me, this book was a good reminder of phrases that I would not usually use, and the multiple translations of certain kupu/words proved useful.

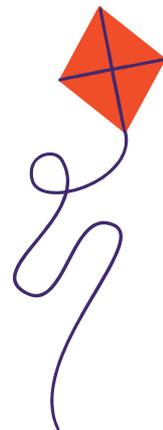
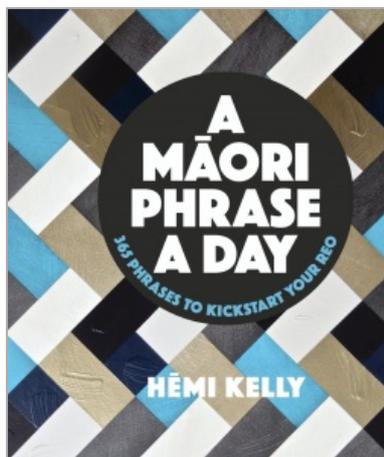
The book is a sequel to Kelly's well-received first book – *A Māori Word A Day*. Kelly, who learned te reo Māori as a rangatahi/young teenager, clearly has a strong love for the language and for encouraging others to incorporate it into their lives – he is also a lecturer of te reo Māori and as a licensed translator and graduate of Te Panekiretanga o Te Reo (The Institute of Excellence in Māori Language).

Overall, I found it an absolute privilege to be able to to expand my knowledge of te reo Māori from such an esteemed educator. I would highly recommend this book to anyone interested in learning or extending their te reo Māori.

“Kia kaha te ako, kia kaha te korero te reo Māori – be strong in your pursuit to learning and speaking te reo Māori.

**Reviewed by Donna-Jean Tairi-Ngata, Community Engagement Coordinator
and Health Promoter, Mental Health Foundation**





The Mental Health Foundation's Information Service brings you reviews as part of the Good Reads feature for Mental Health Awareness Week. To view more go to <https://mhaw.nz/>