



# Children's Activity Sheet



COOK ISLANDS

I made you  
wonderful

# Welcome to the Cook Islands

## Let's learn some Māori!

Most people in the Cook Islands speak a version of Māori called Cook Islands Māori.

### *Kia orana*

This is a Cook Island greeting: it means 'May you live a long and wonderful life'.



Coconuts are amazing!  
Match up the following parts with their uses.

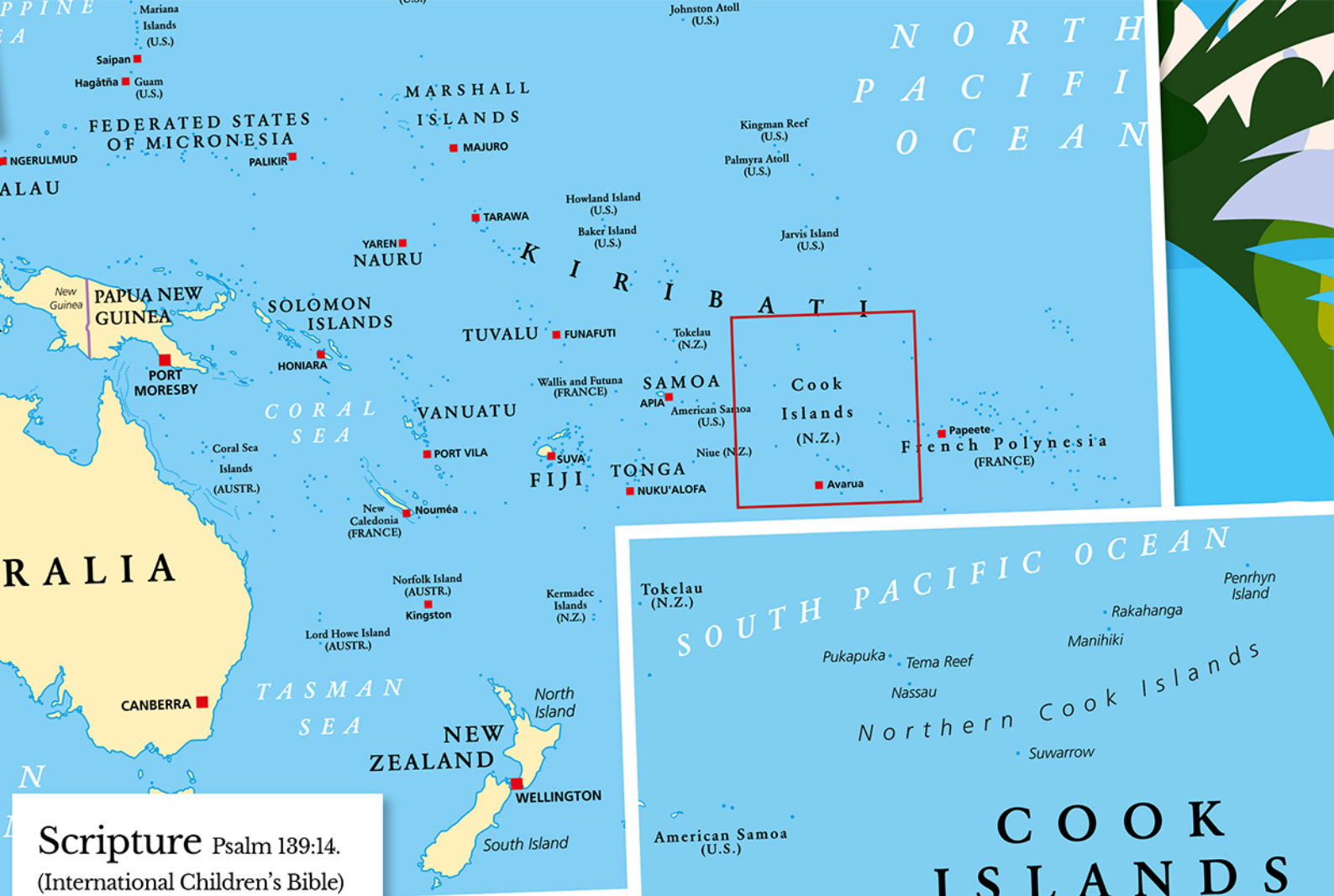
**water**      **root**      **fibre**      **trunk**  
**leaf**        **oil**        **flesh**      **shell**

- \_\_\_\_\_ is used for poles for houses, containers, canoes and firewood.
- \_\_\_\_\_ is used for drinking and is filled with vitamins and minerals.
- \_\_\_\_\_ is used for rope making, mattress stuffing and washing brushes.
- \_\_\_\_\_ is grated and used in cooking and baking.
- \_\_\_\_\_ is used for roofs, brooms, mats, baskets, hats and fans.
- \_\_\_\_\_ is used for medicine, fish traps and decoration.
- \_\_\_\_\_ is used for cooking, baking, salad dressings, moisturisers and hair care.
- \_\_\_\_\_ is used to make jewellery, musical instruments and kitchen utensils.



## Facts about the Cook Islands

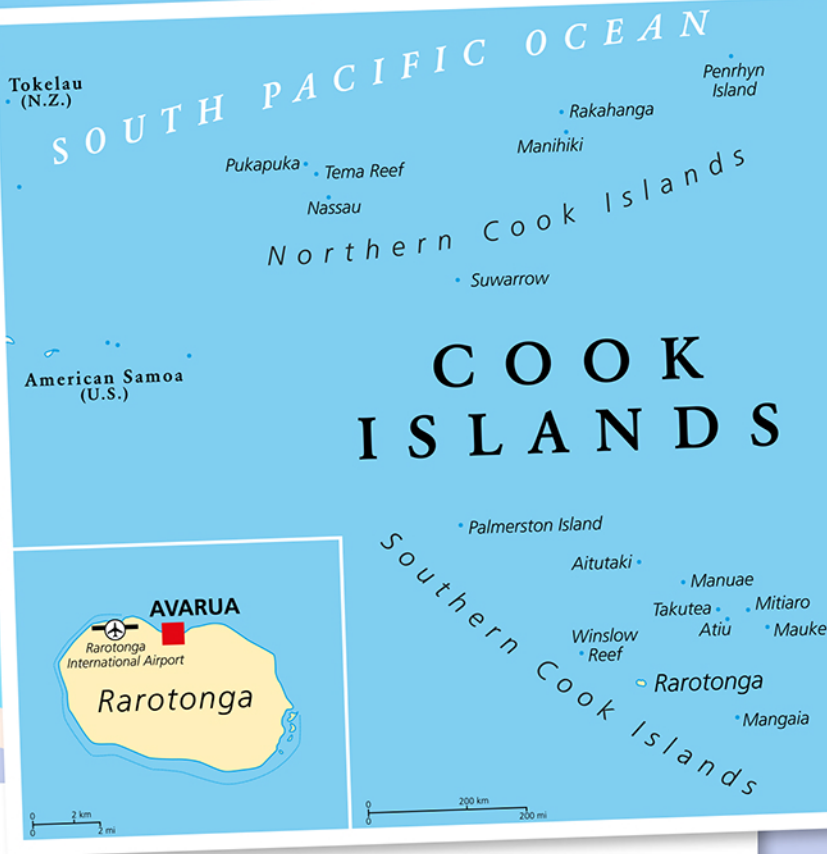
1. The Cook Islands are 15 islands found in the Pacific Ocean near New Zealand and Australia. Most people live on two islands: Rarotonga and Aitutaki.
2. The Cook Islands still have a tribal culture, ruled by groups of chiefs called 'Ariki'.
3. The Cook Islands have four main festivals:
  - **Te Maeva Nui** – a week which celebrates arts, crafts, music, song, dance and food
  - **Te Mire 'Atu** – a songwriting competition
  - **Te Mire Ura** – a dance competition
  - **Te Mire Tiare** – a flower festival



N O R T H  
P A C I F I  
O C E A N

A U S T R A L I A

# COOK ISLANDS



## Scripture Psalm 139:14.

(International Children's Bible)  
'I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well.'



## I am wonderful

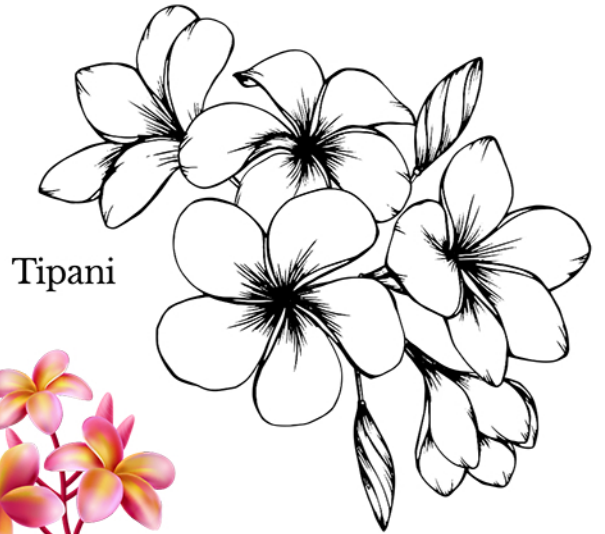
Draw your face in the dotted lines below.  
How are you wonderful?

# Make your own flower

The Cook Islands have some beautiful flowers, including the four below. Colour in the flower pictures and then make your own flower. You could design your own or use your hand - trace its outline or paint it and use it as a stamp.



Hibiscus



Tipani



Heliconia



Traditional Dancers



Red Ginger

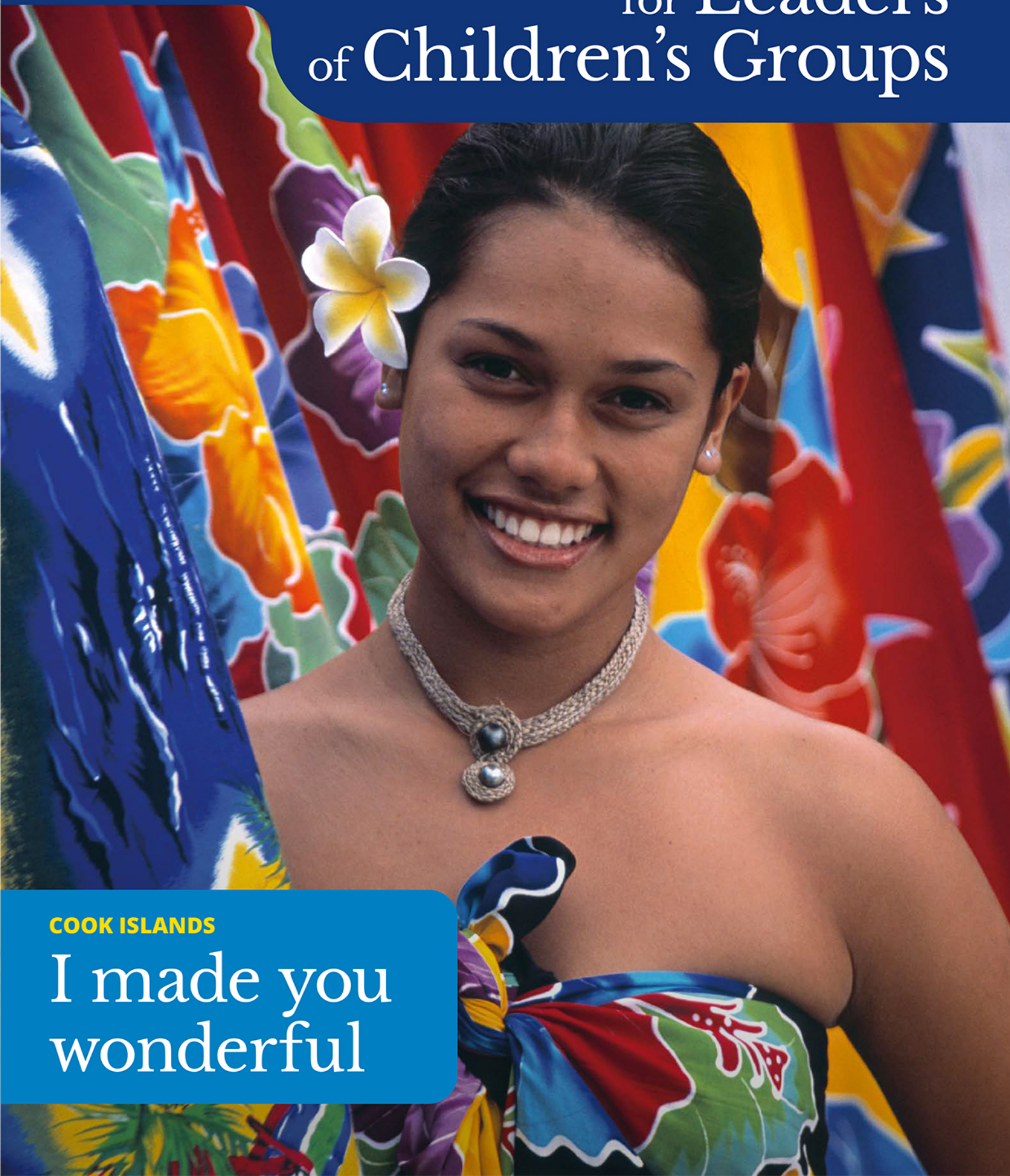


World Day of Prayer • 7 March 2025



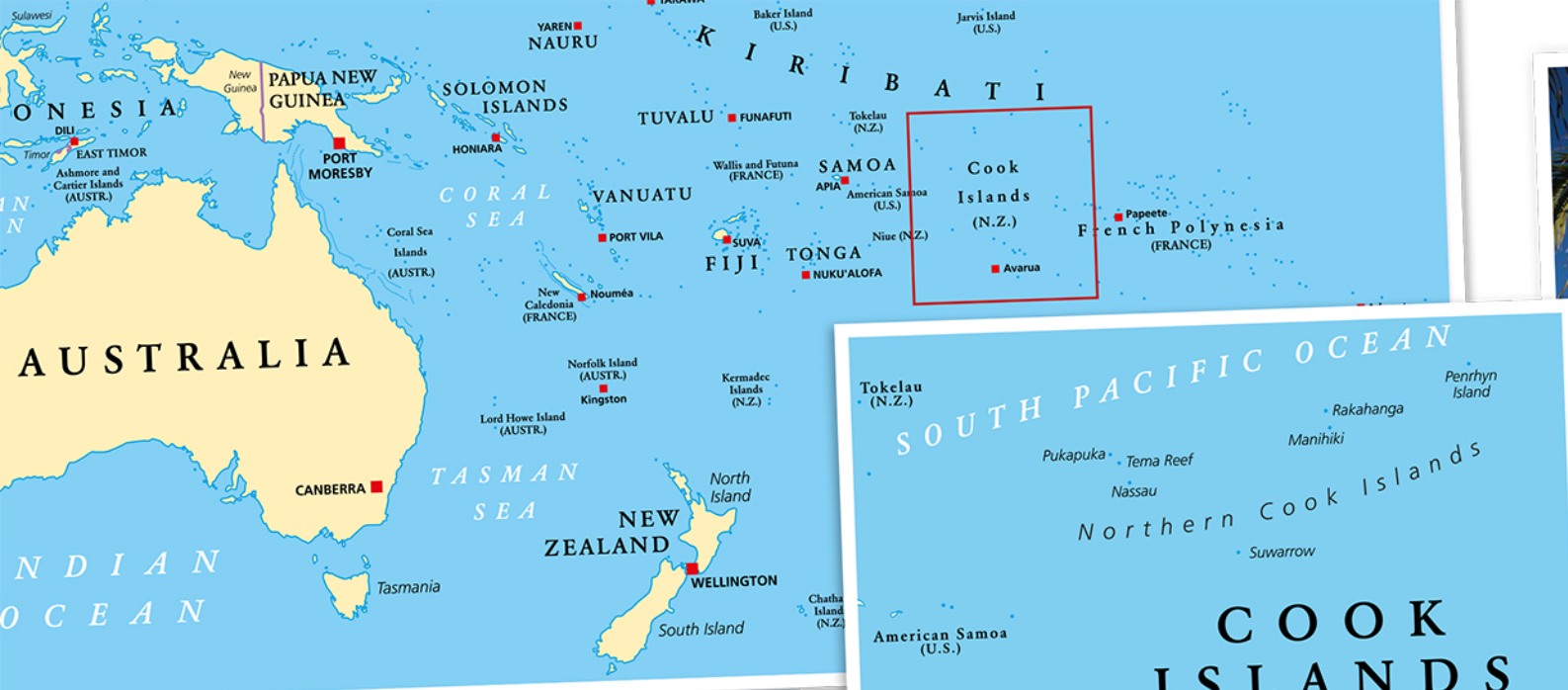
# Resources

for Leaders  
of Children's Groups



**COOK ISLANDS**

I made you  
wonderful



## Introduction

- The Cook Islands are 15 islands found in the Pacific Ocean near New Zealand and Australia.
- The main islands people live on are Rarotonga and Aitutaki. Settlements here can be dated back to 400CE.
- Captain Cook came to the islands in 1773 and 1777. The Gospel was brought to the islands in 1821.
- Most people live off the riches of the land, like fish and coconuts, or tourism.
- The Cook Islands still retain a tribal culture, with groups of 'Ariki' or chiefs whose status comes not just from birth but also from their achievements in life.



**Session:** Have the colouring fish and sea creature sheets available, which can be downloaded from [www.wwdp.org.uk](http://www.wwdp.org.uk). Play the *My God Loves Me* music, found on YouTube.

## Greetings

Most people in the Cook Islands speak a version of Māori called Cook Islands Māori. 'Kia orana' is a phrase in Cook Islands Māori used as a greeting.

Say 'Kia orana' together.

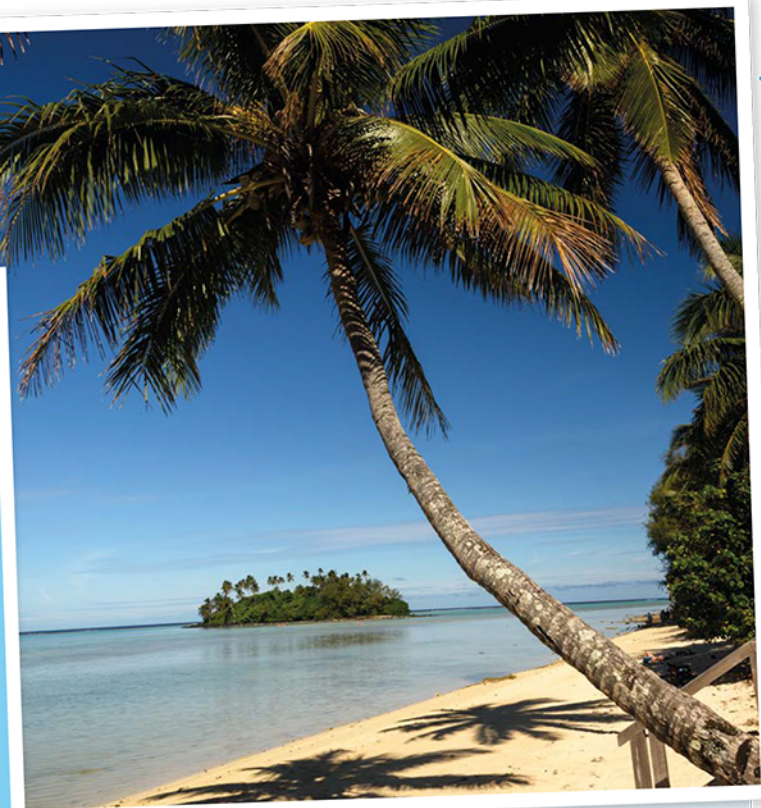
It means 'May you live a long and wonderful life'.

Look someone in the eyes and say 'Kia orana'.



**Song:** Watch the video of *My God Loves Me* and learn the actions. Join in with the English verse or try out the Cook Islands Māori lyrics.





### Activity: Traditional Games

Every year in September the Cook Islands hold a festival of traditional games which include five traditional sports: Rore (Stilts), Peipei Tiporo (lime juggling), Amo Manga (coconut carrying), Ko Akari (coconut husking) and Rangaranga (kikau weaving).

Play a game reminiscent of these games (such as lime juggling, coconut relays or coconut carrying).

**Coconut relays:** Form a chain and pass a coconut (or a ball) from the front to the back, passing it over your head or under your legs. You can make this a competition between two groups, and to make it a bit longer they can run to the back of the queue after they've passed the coconut on.

**Coconut carrying:** Carry as many coconuts (or balls) as you can from one side of the room to the other.

### Activity: Coconut Tree

Coconuts are an integral part of Cook Island life; they call it the 'Tree of Life' because it has sustained their people for many generations. Every part of the coconut tree is used.

Ask the group to complete the Coconut Tree Activity within the Children's Activities Sheet. The answers are:

- Leaves are used for roofing on their houses, and for brooms, mats, baskets, hats and fans.
- Coconut water is used for drinking, filled with vitamins and mineral.
- Coconut fibre is used for rope making, mattress stuffing and pot and pan brushes.
- Coconut shell is used to make jewellery, musical instruments and kitchen utensils.
- Coconut flesh is grated and used in cooking and baking.
- Coconut oil is used for cooking, baking, salad dressing, moisturisers and hair oil.
- Trunks are used for poles for houses, containers, canoes and firewood.
- Roots are used for medicine, fish traps and decoration.

Try some coconut - flesh, water, milk, a Bounty...

Coconuts are amazing and can be used for so many different things. Did you know you are also amazing and can do so many different things. Probably even better than a coconut!

Have a listen to this verse from the International Children's Bible: **Psalm 139:14**

*"I praise you, because you made me in an amazing and wonderful way."*

Did you know that God created you? And God creates works of art! The Bible says that he thought about us and designed us to be wonderful. There is no-one else like us - we are unique and God loves every part of us.



### Action: You are Wonderful

**Make a frame:** Each child stands in the frame one at a time and everyone says one compliment about them. You can include flower crowns which are traditional Cook Island headwear.



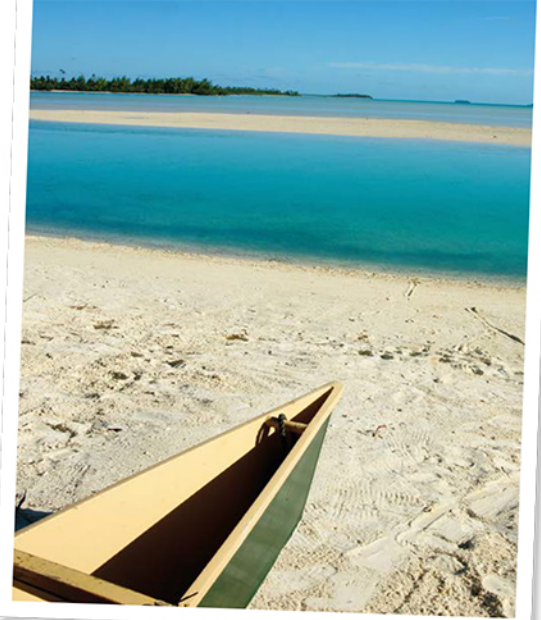
**Song:** Watch the video of *My God Loves Me* again. Join in with the English verse or try out the Cook Islands Māori lyrics.

## Body Facts: Great or Gross?

Our bodies are amazing, but they're also pretty gross in some ways.

Read out the facts and let the children pick their favourite fact.

- You blink around 20 times a minute.
- Earwax is a type of sweat.
- You produce enough spit in your lifetime to fill 500 bathtubs.
- You are 1cm taller in the morning when you first get up and then you shrink during the day.
- You fart enough in one day to fill a party balloon.
- Laid end to end, an adult's blood vessels could circle the Earth's equator 4 times.
- You have 67 types of bacteria in your belly button.
- Human teeth are as strong as shark teeth.
- Your blood makes up about 8% of your body weight.



## Activity: Things to Make

If you have time make flower garlands or build canoes out of cardboard and duct tape and race them.



**Song:** Watch the video of *My God Loves Me* again. Join in with the English verse or try out the Cook Islands Māori lyrics.

## Closing Prayer

Wonderful God, thank you for creating us.  
Thank you for making the world so special.  
Thank you for making all of us so special.  
Help us to treat ourselves with love.  
And help us be kind to other people.

Amen





# Youth Activity Sheet



**COOK ISLANDS**

I made you  
wonderful

## Research

Using the internet safely, find out answers to the following questions. You could discuss your findings with the group.

- *Where are the Cook Islands and how many islands are there?*
- *What are the names of some of the islands?*
- *How would you travel there, how long would it take you and how much would it cost?*
- *What can you find out about the culture?*
- *Name some of the tribes.*



## Team Challenge

Divide into teams of four people. Using only cardboard and tape make a canoe around your team in 10 minutes. Then race them!

## Read: Vainiu's Story

Vainiu was born in 1958 on the island of Aitutaki. Her parents and grandparents strongly believed in the value of culture for a good upbringing. She attended Araura Primary School where, for the first three years, Cook Islands Māori was the language of instruction. Later on, importance was placed on the speaking of English within the classroom and in the playground. The children were told by their teachers not to speak their mother tongue. Unfortunately many at the time believed that English was the universal language, the language of trade and therefore the language of superiority.

Vainiu struggled with the influence of the west as she was fluent in Māori and spoke little English. The English language continued to gain momentum as the value of the Māori language diminished.

*'Kia orana.*

*My name is Vainiu. My grandmother, Mama Mereanu, encouraged her grandchildren to speak Māori. I looked up to her and she had a huge impact on my childhood. It was through her that I learned the valuable and lifelong skills of how to plant and prepare food, and to speak the Reo Aitutakian dialect properly. I strongly believe that our elders play a significant role in shaping who we are and where we come from.*

*Formal education during the early years of my life did not have a positive impact on me because what I learned at home from my parents, grandparents and family contradicted what I was taught by my teachers in a Western classroom. I used to think to myself, how do English books and lessons help me plant vegetables, make the umu [ground oven], cook food, wash the clothes and feed the chickens and pigs. A strong feeling of loss led me to withdraw from engaging in the classroom.*

*One time in school I remember being caught speaking our indigenous language. My teacher punished me by making me wear a cardboard sign that said, 'I am a Māori speaker'. She put me in detention and, on a hot day, made me pull out prickly weeds called 'pikikaa' on the school playground. I was humiliated and shamed in front of my peers.*

*I never forgot that day and so, as a result of that experience, I was determined to speak English and say little in my mother tongue. This is just one example of how my language and culture were devalued.*

*God gave us unique and special languages throughout the world and we should honour and respect those languages. I believe that the Māori language needs to be paramount in our teaching and learning environments. Teachers and students can encourage Māori to be spoken, taught and written in all subjects and parents can give our Māori language a chance to survive by speaking it at home.*

*During those formative years in my childhood, even though I was devalued and shamed by the school system, I knew that God was still with me. Even when we are cast out and treated with disrespect, God is still with us.*

*God goes with us to the darkness at the bottom of the ocean, where there is no light, and God helps lead us out of that darkness into a wonderful light.'*

## Discuss

- *Why was speaking Māori so important to Vainiu?*
- *Why are preserving traditions and values important?*
- *What traditions and values are important to you?*
- *What would you like future generations to preserve?*
- *Vainiu describes feeling devalued and shamed, have you ever felt like this?*
- *What can you do - what helps in this situation?*

## Psalm 139:14

*'I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.'*

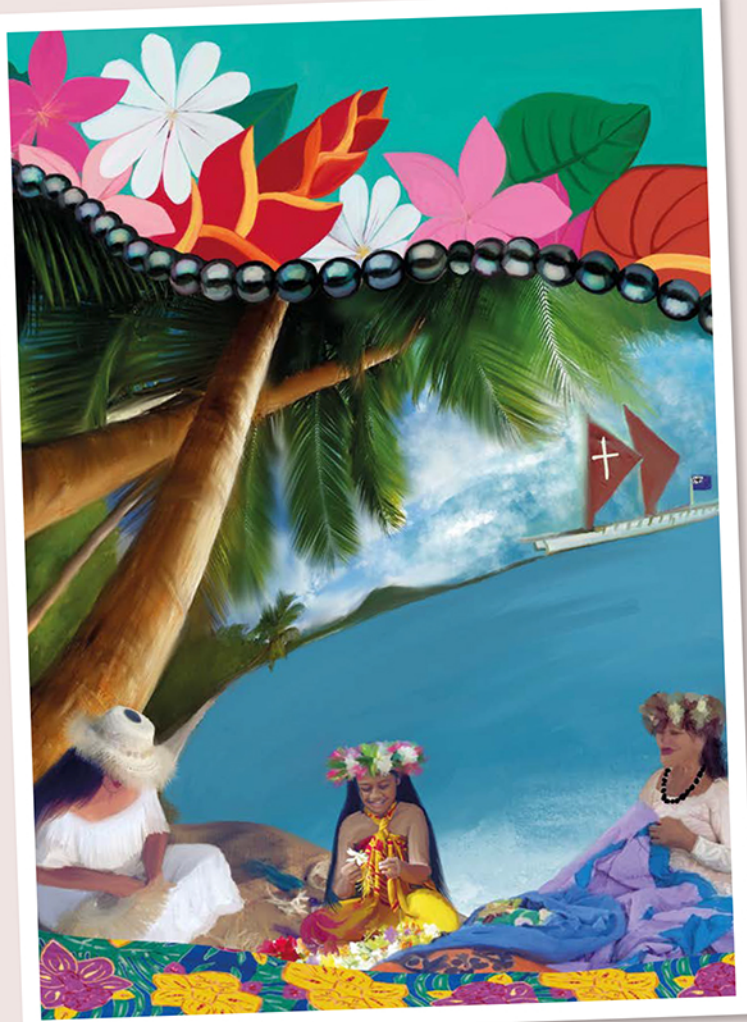
The Bible says you are 'fearfully and wonderfully made' The Hebrew word used is 'Yare' which also means stand in awe and respect. God made us all with great honour and respect.

## Artwork

Take a moment to look at this year's artwork which was created by a mother and daughter duo called Tarani and Tevairangi Napa. They created this piece to share in recognition of their love for their home, their faith and their heritage. They say that at the closing of a gathering their Tongerva elders always say these powerful words of encouragement:

***'Kia mau te serenga! Kia mau te napena!  
Kia mau!'***

This means 'Hold on tight to who you are, in all aspects of your existence!' We are wonderfully made by God, and we should all cherish all the aspects of who we are!



## Prayer

God, sometimes we feel, unloved, unremarkable and sometimes worthless.

We speak harsh words to ourselves and others.

Father, remind us in these moments that we are your children, that you shaped all of us in a unique way, that you know us and that you love us unconditionally. Help us to accept the truth that we are a marvellous reflection of you, so that the whole world knows we are loved.

Amen



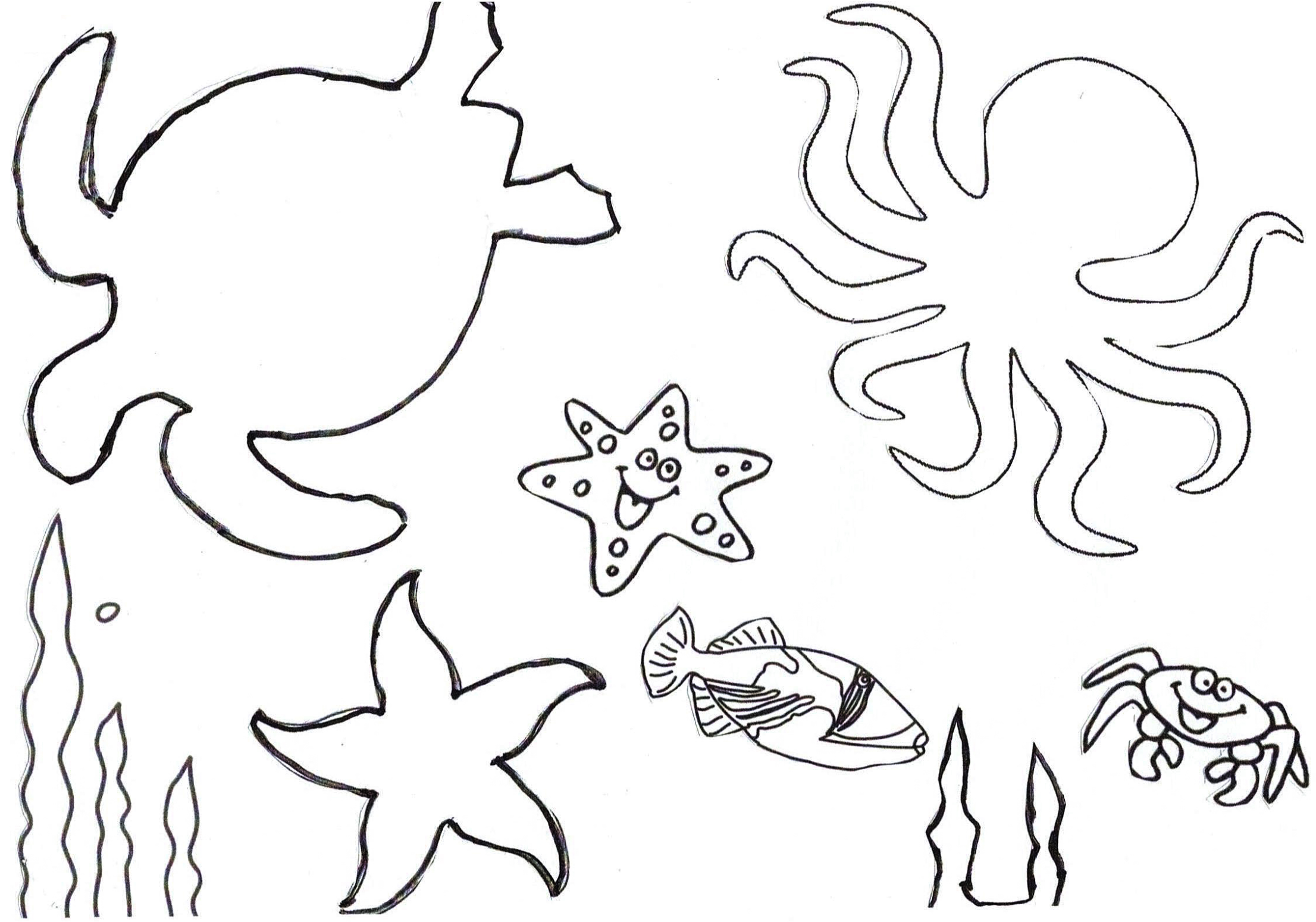
## Activity

Each take a piece of A4 paper and write your name at the top. Sit in a circle and take turns writing a compliment on the bottom of the page, fold the paper up to hide your compliment and then pass it around the circle, each taking turns to write and then fold (make sure to write on the original side not the folded part). Each person should end up with a sheet of paper with their name at the top which they can unfold to reveal a page full of compliments.

Take a moment to read your compliments, acknowledge that you are wonderfully made and let those compliments sink in!









# Making a Simple Model of a Cook Islands Canoe

## for the 2025 World Day of Prayer Display Table

### **Please note:**

*This model is very simple but fairly flimsy.*

*It is designed to be carried carefully to your WDP service and placed gently on the display table.*

*Sadly, it will not withstand being played with by small children, and it doesn't float on water!*

*Remember, no-one is going to inspect it closely, so don't worry if you have an accidental hole in the foam in the wrong place or have sticky tape showing. (I had both in the model used at our Preparation Day and no-one complained!)*

*I hope I have used the correct nautical terms and, if I haven't, I hope you know what I mean!*

### **You'll need:**

- **Brown foam sheet**, 2mm thick, A4.
- **Thin sticks**, **3**, about 3-5 mm thick and each about 15cm long (I used trimmings from the buddleia in the garden, but wooden kebab skewers would work).
- **Thicker sticks**, **2**, about 8-10 mm thick, one about 27cm and the other about 30cm long.
- **A sail**. I wove some pale brown raffia and cut the sail from that, using sticky tape to stop it fraying at the edges. However, a piece of fabric would do just as well. An old white hankie would be big enough. If you wanted it darker coloured, dye it with tea or by boiling it with onion skins.
- **String** or vegetation-coloured wool (brown/green/amber)
- **Glue** for holding the sail onto the masts
- **WDP logo** drawn or printed on paper - optional

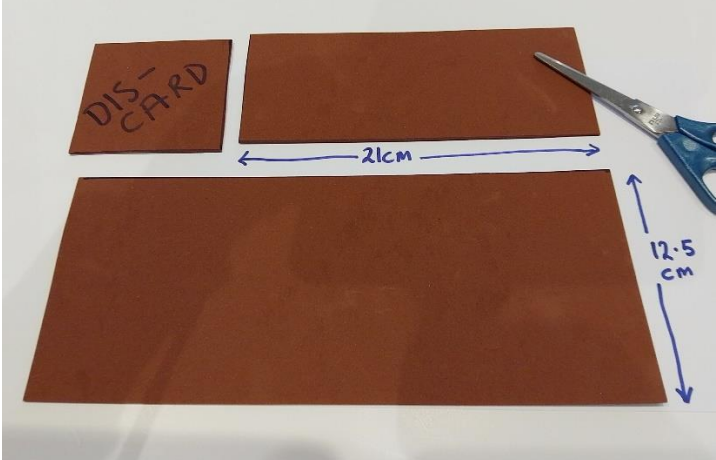
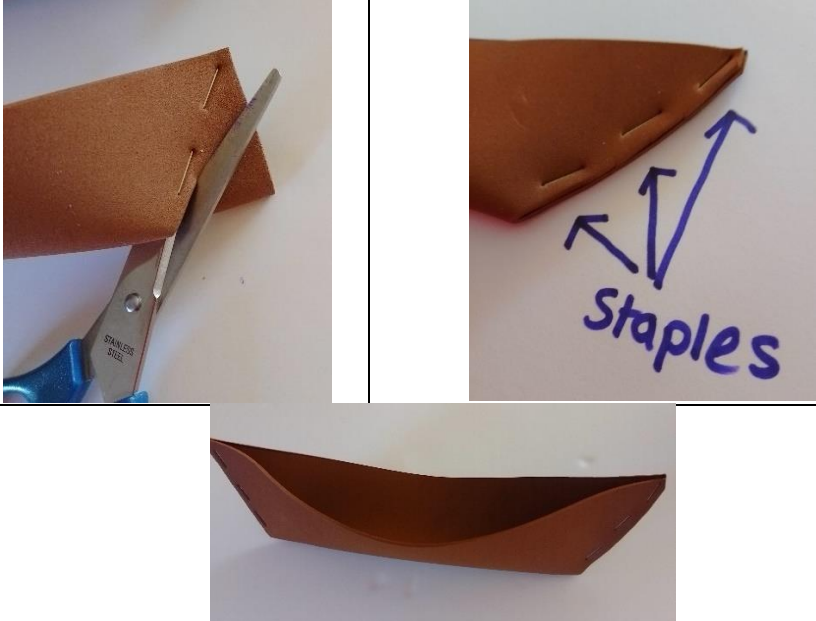
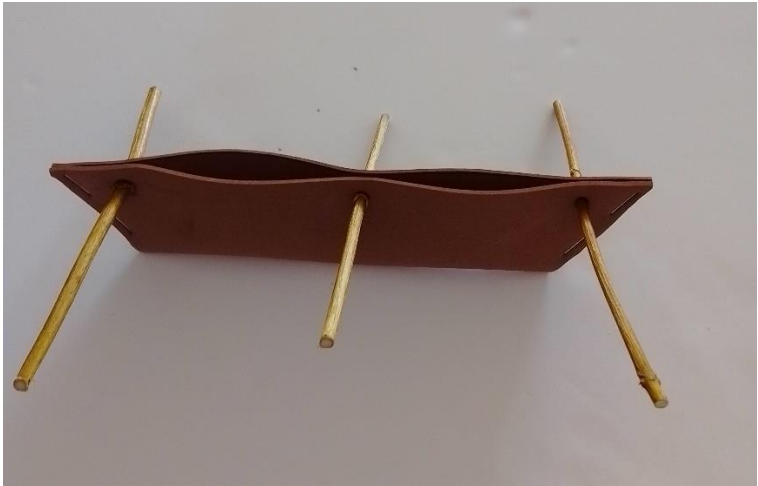
### **Tools:**

- **Ruler**
- **Marker pen**
- **Scissors**
- **Stapler**
- Something with which to cut the sticks – as I used twigs from the garden, I used **secateurs**.



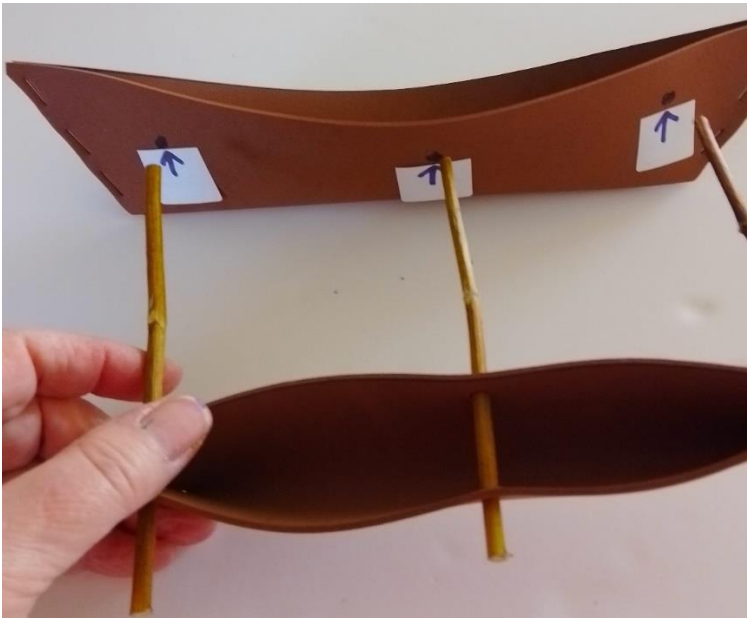
*Cook Islands Canoe  
Angela Morfett-Jones, Lincoln WDP Committee*

## Method:

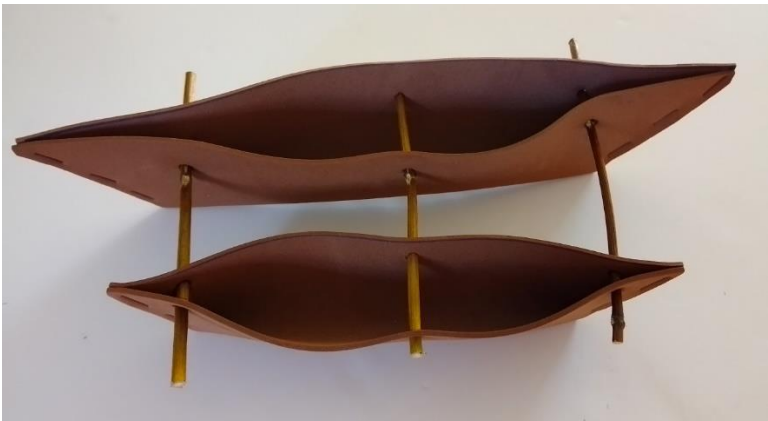
<b>1. Making the hull and outrigger</b>	
<p>a. Cut the foam sheet like this: one piece is the length of the sheet (30cm) cut to 12.5cm high. Trim the other piece at 21cm. Discard the remaining small square.</p>	
<p>b. Gently bend both parts in half length-wise and staple the ends of the hull and the outrigger at an angle. Trim to shape the front and the back of both parts.</p>	
<b>2. Joining the hull and the outrigger</b>	
<p>a. Start with the smaller part – the outrigger. Poke the 3 thin sticks through the foam, near the top edge. One in the middle and the other two nearer the ends. Be cautious about making the holes: I relied on friction between the sticks and the foam to hold it all in place. If your holes in the foam are too loose, you might need to apply some glue to stop the foam slipping along the stick.</p>	



b. Place both the hull and the outrigger on the table side by side.  
 By doing this you can see where on the hull the sticks need to pierce the foam.  
 The three thin sticks need to be roughly parallel with each other and roughly parallel with the table. Mark the location of the proposed piercings with pen – see where I’ve indicated with arrows.



c. Poke the thin sticks through the hull to hold the outrigger to the hull.



**3. Making the masts and sail**

a. Use string or wool to tie the two thicker sticks together, to make the masts, like in the picture. Add a piece of string or wool, tied to the tops of the masts like this, to make a triangular shape.



**b.** Lay your masts on your sail material, then mark what size you'll need the sail to be. (If you are using woven raffia, seal the edges with sticky tape.)



**c.** Cut out the sail. Here is a picture of both types of sail and the masts. If you wish, apply the WDP logo onto the sail.



**d.** Put glue along the outside of the masts and the string and fix on the sail. I've stuck on the raffia sail here, but you can see the hankie-sail, too.



#### 4. Fixing the mast to the canoe

a. Poke the free end of the mast through the bottom of the hull, making sure it is positioned next to the middle thin horizontal stick.



b. Using string or wool, tie the mast to the middle thin horizontal stick. This knot needs to be tight. If you remember square lashing from your Scouting or Girlguiding days, use that. The secret is to wrap the string a few times *between* the sticks, after you have tied them together. Look up 'square lashing video' in your favourite search engine, if you need extra guidance.





# Taflen Gweithgaredd Plant



**YNYSOEDD COOK**

Rwyf wedi eich  
gwneud yn  
rhyfeddol

# Croeso i Ynysoedd Cook

## Gadewch i ni ddysgu Māorii

Mae'r rhan fwyaf o bobl Ynysoedd Cook yn siarad fersiwn o Māori o'r enw Cook Islands Māori

**Kia orana**

Dyma gyfarchiad Cook Island: mae'n golygu 'Bydded i chi fyw bywyd hir a rhyfeddol!'

Mae cnau coco yn anhygoel!  
Llenwch y bwlch gyda'r gair cywir.

**dŵr**      **gwreiddyn**      **ffibr**      **boncyff**  
**dail**      **cragen**      **cnawd**      **olew**

Mae ..... yn cael ei ddefnyddio ar gyfer polion ar gyfer tai, cynwysyddion, canwod a choed tân.

Mae ..... yn cael ei ddefnyddio ar gyfer yfed ac yn llawn fitaminau a mwynau.

Defnyddir ..... ar gyfer gwneud rhaffau, stwffio matresi a brwshys golchi.

Mae .... yn cael ei gratio a'i ddefnyddio wrth goginio a phobi.

Mae ..... yn cael ei ddefnyddio ar gyfer toeau, ysgubau, matiau, basgedi, hetiau a gwyntyllau.

Mae ..... yn cael ei ddefnyddio ar gyfer meddyginiaeth, trapiau pysgod ac addurno.

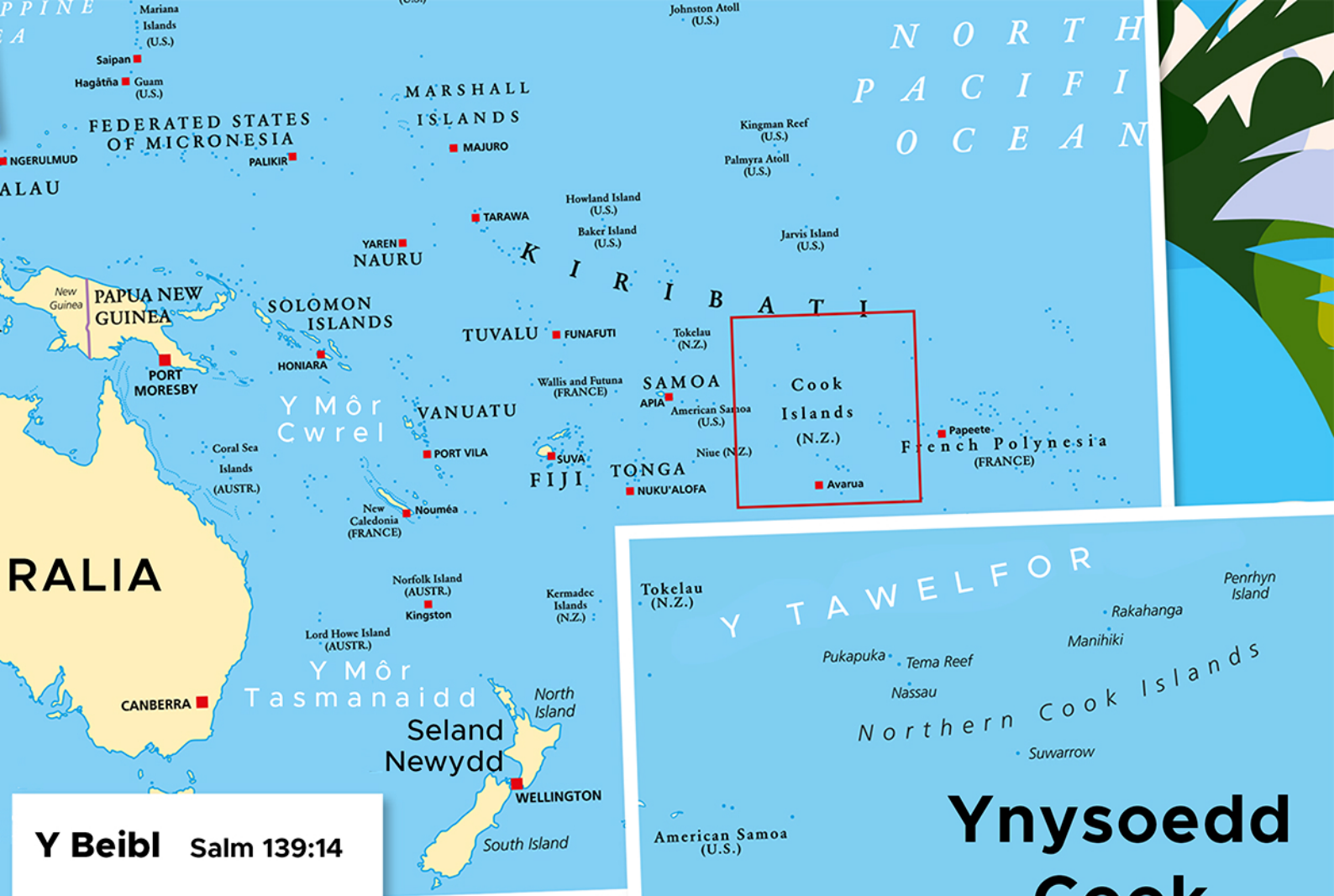
Mae ..... yn cael ei ddefnyddio ar gyfer coginio, hylif salad, lleithyddion a gofal gwallt.

Mae ..... yn cael ei ddefnyddio i wneud gemwaith, offerynnau cerdd ac offer cegin.



## Ffeithiau am Ynysoedd Cook

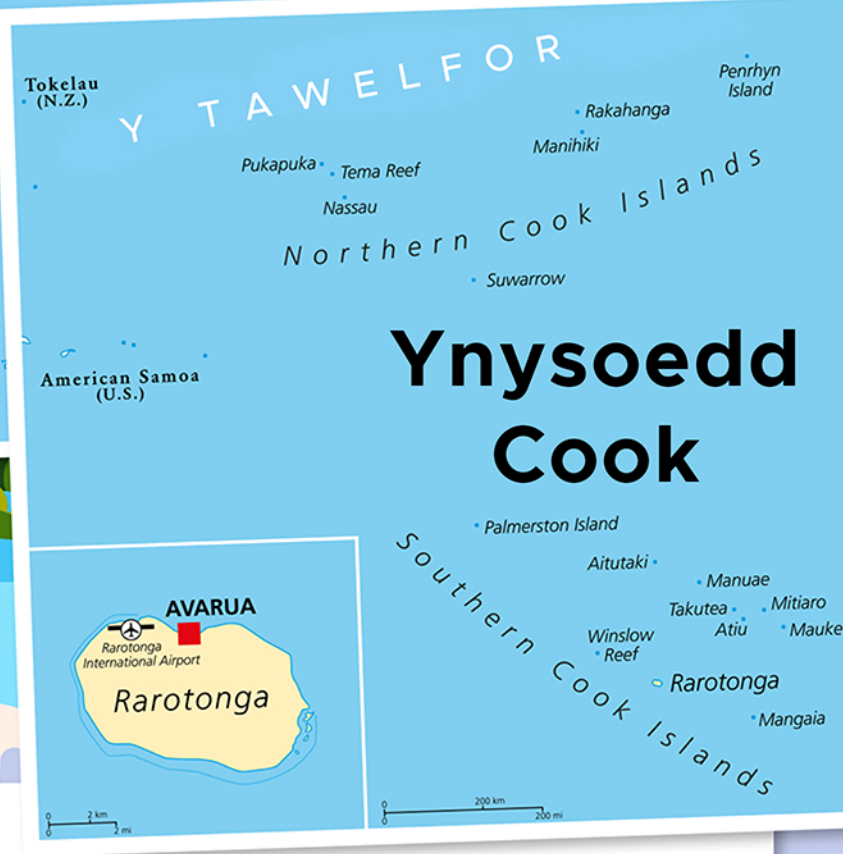
1. Mae Ynysoedd Cook yn 15 ynys yn y Cefnfor Tawel ger Seland Newydd ac Awstralia. Mae'r rhan fwyaf o bobl yn byw ar ddwy ynys: Rarotonga ac Aitutaki.
2. Mae gan ynysoedd Cook ddiwylliant llwythol o hyd, sy'n cael ei reoli gan grwpiau o benaethiaid o'r enw 'Ariki'.
3. Mae gan Ynysoedd Cook bedair prif wyl:
  - **Te Maeva Nui** - wythnos sy'n dathlu celf, crefft, cerddoriaeth, canu, dawns a bwyd
  - **Te Mire 'Atu** - cystadleuaeth ysgrifennu caneuon
  - **Te Mire Ura** - cystadleuaeth ddawns
  - **Te Mire Tiare** - gŵyl flodau



N O R T H  
P A C I F I  
O C E A N

**Y Beibl Salm 139:14**

‘Clodforaf di, oherwydd ofnadwy a rhyfeddol y’ m gwnaed. Rhyfedd yw dy weithredoedd; a’ m henaid a wŷr hynny yn dda.’



# Ynysoedd Cook

## Rwy'n fendigedig

Tynnwch lun eich wyneb yn y bwllch dotiog isod. Sut wyt ti'n fendigedig?

Rwy'n chwarae  
 Rwy'n gweni llawer  
 Rwy'n gofalu  
 Dwi'n ddoniol  
 Dwi'n.....  
 Rwy'n ffrind  
 Rwy'n glyfar  
 Rwy'n garedig  
 Rwy'n dda am ddawnsio  
 Rwy'n anturus!

# Gwnewch eich blodyn eich hun

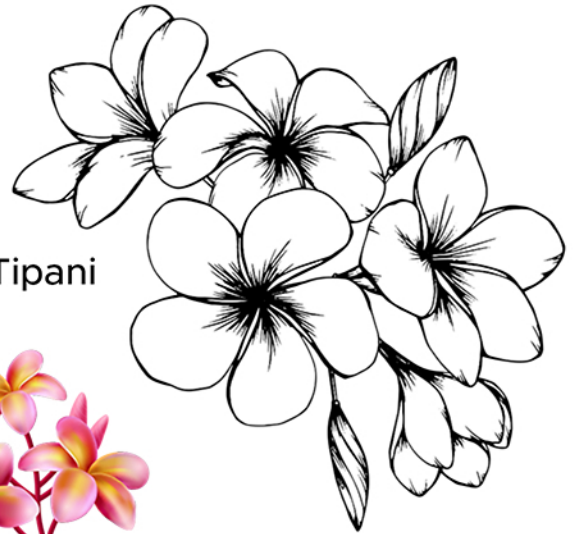
Mae gan Ynysydd Cook rai blodau hardd, gan gynnwys y pedwar isod. Lliwiwch y lluniau blodau ac yna gwnewch eich blodyn eich hun. Gallwch chi ddylunio llun eich hun neu ddefnyddio'ch llaw – gwnewch amlinelliad ohono neu ei baentio a'i ddefnyddio fel stamp.



Hibiscws



Tipani



Heliconia



Sinsir Coch



Dawnsywyr traddodiadol

