

# Aroha

*(Ah raw ha)*

Compassion,  
Tenderness, Love



Criteria 5.5 of the Maori Health Plan 2015

# Awhī

*(Ah fee)*

Hug, embrace



Criteria 5.5 of the Maori Health Plan 2015

# Tautoko

*(Toe tau kaw)*

Support, encourage



Criteria 5.5 of the Maori Health Plan 2015

# Pōnō

*(Paw naw)*

Honest, truthful



Criteria 5.5 of the Maori Health Plan 2015

# Manāki

*(Mah naa kee)*

To care for & show  
respect to

