

He aroha whakatō, He aroha ka puta mai

If kindness is sown, then kindness is
what you shall receive.

Morgenstund hat Gold im Mund

The morning hour has gold in its mouth

*This German expression highlights the opportunity
for mornings to be productive and full of success.*



KickStart
BREAKFAST

Sawubona

I see you

This Zulu greeting goes beyond "good morning" to acknowledge the other person's presence and humanity. The common response, "Ngikhona" – "I am here," reflects mutual connection and respect. A greeting like this could help foster a sense of belonging and recognition in your breakfast club.

早起的鸟儿有虫吃" (Zǎo qǐ de niǎo ér yǒu chóng chī)

The early bird catches the worm.

This expression could be shared to celebrate and acknowledge those who have arrived at kura bright and early to nourish their body and start their day of learning on time!

O le ala i le pule o le tautua

The path to leadership is through service

This Samoan alagā'upu (proverb) highlights the value of serving others as a way to grow and lead. It could be a great encouragement for student volunteers that support your breakfast club, that their service and support of others, also helps them to learn and achieve.

Oua lau e kafo kae lau e lava

Stay positive and count your blessings

*This Tongan proverb reminds us to focus on gratitude and optimism.
This saying could be shared to inspire tamariki to approach their day
with a positive mindset.*

Sabah al-khayr

(صباح الخير)

Morning of goodness

This is a common Arabic morning greeting, wishing someone a good and prosperous morning. The response is often "Sabah al-noor" (صباح النور), meaning "Morning of light," a beautiful way to wish the other a bright and happy start to their day.

Ang maagang pagbangon ay daan sa tagumpay

Waking up early is the path to success

This Filipino saying emphasizes the value of starting the day early and with purpose, making it a perfect addition to your breakfast club.

Go n-éirí an bóthar leat

May the road [i.e. the journey] be
successful for you

This traditional Irish blessing is often used to wish someone success and ease in their journey, it could be used to wish tamariki all the best as they leave breakfast club to start their day.

Kia ora



New Zealand
sign language