

The **Haka** is a special dance that comes from the Maori people of New Zealand. It is a way they show their feelings, like pride, joy, or strength. People often perform the Haka before sports games or important events to show respect and unity.

When doing the Haka, dancers stomp their feet, slap their hands on their bodies, and make strong facial expressions. These actions help show their energy and spirit. The words they chant tell stories or share important messages from their culture.

The Haka is more than just a dance; it helps bring people together and shows how proud they are of their heritage. It teaches us about respect, teamwork, and courage.