

Moana – A Simple Story About a Brave Girl and the Ocean

Moana is a girl.

She lives on an island called Motunui.

Her father is the chief. One day, Moana will be the chief too.

She learns how to help her people. She gives food. She helps the animals.

But Moana loves the sea. She looks at the waves every day.

She wants to sail far, but her father says:

—No. It is too dangerous.

Moana's grandma is different.

She tells Moana stories.

A long time ago, there was a goddess named Te Fiti.

Te Fiti had a special heart. With it, she made life.

But a demigod named Maui stole the heart.

He wanted to give it to humans.

Then, a lava monster named Te Kā came.

Te Kā made the ocean dark. The islands got sick.



One day, the plants on Motunui start to die.
There are no more fish.
Moana is worried.

Her grandma gives her the heart of Te Fiti.
She says:
—The ocean chose you. You must find Maui and return
the heart.

Moana is scared. But she wants to help.
Her grandma dies that night, and Moana leaves the
island.
She takes a canoe and sails into the ocean.

The ocean is big. The waves are strong.
Moana tries again and again.
She meets Maui, the demigod.
Maui is strong and funny, but he doesn't want to help.
He says:
—You are just a little girl.



But Moana is brave.
She follows him and doesn't give up.
Together, they fight kakamora, little coconut pirates.
Then, they go to a deep cave.
Inside, there is a shiny crab named Tamatoa.
He has Maui's magic hook.
They take the hook and escape.

Now Maui can change into animals.
He becomes a bird, a shark, even a lizard!
But his hook is not strong anymore.
He is afraid to fight Te Kā.

Moana learns how to sail.
She looks at the stars. She feels the wind.
She learns that her people were wayfinders — ocean voyagers.
She is happy. She is strong.

But Maui gets hurt and leaves.
Moana feels alone and sad.
She throws the heart into the ocean.
She says:
—Maybe the ocean made a mistake.



Suddenly, the spirit of her grandma comes.

She says:

—You are more than you think. You are Moana.

Moana finds the heart and sails to Te Kā.

The lava monster is big and angry.

The ocean helps her. She goes very close.

Then, she sees: Te Kā is really Te Fiti without her heart.

Moana walks slowly. She says:

—I know who you are.

She puts the heart back in Te Fiti.

Te Kā turns into Te Fiti again — beautiful and green.

The plants grow. The ocean is calm. The islands are safe.

Maui says sorry to Te Fiti.

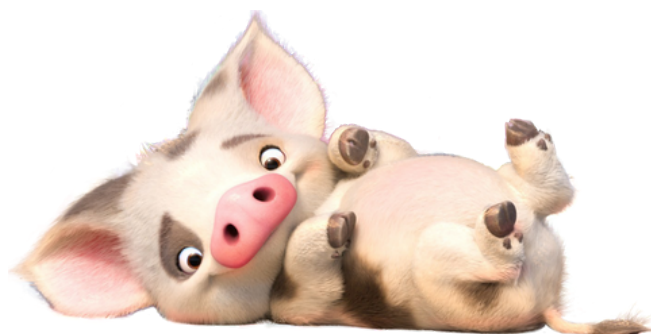
She forgives him and gives him a new hook.

She returns home.

She becomes a leader.

And she sails the ocean with her people.

Moana is strong. Moana is free. Moana is Moana.



VOCABULARY

island – isla

chief – jefe

sea – mar

goddess – diosa

heart – corazón

demigod – semidiós

lava – lava

monster – monstruo

darkness – oscuridad

canoe – canoa

pirates – piratas

cave – cueva

shiny – brillante



VOCABULARY

crab – cangrejo

magic hook – anzuelo mágico

sail – navegar

wayfinder – navegante / guía del mar

ancestors – antepasados

give up – rendirse

spirit – espíritu

leader – líder

