



Health Navigator New Zealand

Video transcript:

‘Ākono’anga i tō’ou Kōpapa (Tu’anga 2)
[Looking after your wairua (part 2)]

0:00

E angaanga meitaki te akaetaeta uaua no toou vaerua

0:03

aere oro me kore ‘aere’aere

0:06

apaina te ngutu’are tangata ki vao, te tamariki

0:09

kia atea ua mai mei roto I te ngutuare

0:10

Kia ‘anga’anga’ia e te reva ou.