



Health Navigator New Zealand

Video transcript:

Ko e levekiaga he Agaaga - Vala II
[Looking after your wairua (part 2)]

00:00

Ko e faofao tino ko e mena mitaki lahi ke lata mae haau a agaaga –

00:03

fano ki fafo ke fano hui poke poi,

00:06

uta e magafaoa ki fafo, tau fanau ikiiki,

00:09

ke omai noa ni ki fafo he fale,

00:10

mo e ke fafagu ki loto e tau matagi foou.