



## Health Navigator New Zealand website

### Video transcript:

Fakalavelave e moui aki e tau gahua lima, fakatagi ke he tau leo kofe mo e lologo, tau feua ke lagomatai aki e loto tupetupe  
(Keeping busy with crafts, music, games to help with anxiety)

0:00

Fakaalofa lahi atu! Ko Erana Thompson haaku a higoa. Hau au i Te Puaha O Waikato.

00:04

Nofo a au i nei mo e haaku a hoa ko Alyssa  
mo e ha maua a tama tote ko Te Amo, ne kua teitei ke tolu e tau tau moui.

00:10

Ko au ko e matua fifine nofo i kaina,  
ko e mena ia ne nofo au i kaina mo e tama,

00:13

ka e gahua e haaku a hoa. Ko au ko e na kito

00:17

kamata ke logona kelea e hopoate fakaofu mo e tupetupe ke he manamanatuaga

00:21

fakahako mai ni he magaaho ne hoko mai mua e poakiaga ke nonofo ni ke he tau lotokaina.  
Ko e na fa logona tumau ni e au tuga ko au ni tokotaha.

00:27

Kua nakai iloa  
ke he falu ne liga ke

00:30

tatai e tau mena ne logona,  
poke ko e na pihia tuai ni, nakai kia ko e na pihia tuai ni.

00:34

Ka e mooli, ko e matakutaku foki ni  
mo e fai magaaho a au to maeke

00:40

ke fai taofiaga ke he tau mena na poke moua e falu mena ke lagomatai aki au

00:44

ke fai taofiaga ke he tau mena na. Mo e ko e loga he tau mena na

00:47

ne lagomatai he haaku a matua fifine ke fahia mai he tau mena na.

00:51

Tuga ke he tau puhala ke fafagu, tau mena ikiiki  
tuga e tepetepe e tau matalima ke tukutuku hifo he fotu mafiti he haaku a ate fua,

00:56

mo e tuga e fakaaoga ke tau mena tuga e lalaga korowai

01:01

mo e tau pele pepa, lologo,  
mo e ha mena ni ke tauhele mai ke haaku a manamanatuaga,

01:07

ai iloa e au, liga leva ke hoko ke he 10 e minute, to mitaki au.

01:12

Nakai la leva ia he moua a Alyssa he COVID  
mo e ko e magaaho ne iloa mua e maua

01:16

ko e mena to taha, to taha e soka.

01:17

Nakai iloa e maua ko e heigoa ke amanaki ki ai  
poke tali atu fefe ki ai.

01:22

Ko e hopoate ni a maua.

01:24

Ko ia he poko kai  
mo e haia ne fae tagi ati,

01:28

ka ko au ne ha ha ke he poko e ne fae tagi ati.

01:31

Hopoate au ne moua foki e tama ha maua,

01:33

haaku a hoa,

01:36

ko e tau fanau he haaku a gahuaaga,

01:37

Ai fia loto a au ke pehe ko au  
ne fakapikitia e falu tagata foki.

01:41

Ko e magaaho ne maama ia au  
ti fakailoa atu ke he tau tagata.

01:44

Fakailoa atu foki e maua ke he kōhanga he ha maua a tama tote,

01:46

fakailoa e au ke he haaku a pule gahua.

01:49

Ti ko e Kōhanga reo

01:51

ne matutaki atu ke he Papakura Marae, mo tuku atu ha maua a tau higoa

01:55

mo e kua tauhea mai e tau matakau kia au he  
tapu katoa, ko e mitaki ha ia.

01:59

Mo e kua moua a maua ke tau koloa  
ke aho fakamua, ko e mitaki ha ia.

02:05

Ko e mitaki ha ia he haaku a ekekafo.

02:06

Ko e na fai nosi pauaki ke lata mae COVID he faahi gahua he ha maua a ekekafo,

02:10

mo e fa tauheha mai tumau kia au he tau aho oti.

02:13

Ne fakafano mai oti foki haaku a tau tega vai kia au.

02:16

Kua foaki mai lahi e malolo.

02:17

Kua lagomatai mooli  
ainei ha kua ai tei nonofo puipui,

02:21

ha ko e mena to logona e koe  
tuga e taha logonaaga kua liu ke he tuaga fakamua.

02:24

Maeke ia au ke fano ki fao mo e nakai logona e matakutaku.