

5 TIPS TO KEEP YOU SMILING



Taitaia ōu niho ki te pēniho pūkōwhai mō te 2 miniti, e rua ngā wā ia rā



Tuwaha, kua e opeopea i muri i te taitaitanga



Inumia te wai mai i te kōrere wai me te miraka hoki



Kaingia ngā kai timotimo karekau he huka o roto



He utu kore mō te haere ki te rata niho ina kei raro i te 18 tau te pakeke