When the world stayed home Te wā i rāhuitia te ao i te kāinga



A resource to support Children through COVID-19

He rauemi tauawhi nei i ngā tamariki e ekengia i te mate kurahauao

By Mel Churton

Registered Psychologist

Translation provided by Dr James Graham (Senior Research Adviser: Te Rū Rangahau, University of Canterbury)

It was just a normal life. He mataora Māori to māua ao.



Mum and dad were going to work. Haere ai a māmā rāua ko pāpā ki te mahi.



We were going to school. Haere ai maua ki te kura.



The dog was sleeping on the couch. Moe ai te kurī i tonā moenga i te hopa.



Then this nasty bug Came along and it started making people very sick.

Whāia nei ka tau mai te mate kurahauao nei, ā māuiui ai i te hapori.



People coughed and sneezed on each other and the bug started to spread.

Maremare ai, matihe hoki ai i ngā tāngata i a rātau anō, kātahi ka horapa te mate kurahauao.



Adults said to cough into our arms and to wash our hands a lot.

Me maremare koutou i \bar{o} koutou ringa, horoia \bar{o} koutou ringaringa ia w \bar{a} ia w \bar{a} , te k \bar{i} o ng \bar{a} pakeke.



But the bug kept on spreading.

Engari, te kaha hoki o te mate kurahauao nei.



More people got sick. It wasn't good. Piki ake ai te tini e māuiui ana. Kāore i te pai.



So the adults decided the best thing to do was for everyone to go home and to stay home.

Wananga ai i nga pakeke, a i puta mai te tohutohu kia hoki atu ki te kainga, noho ai i reira.



So our school closed and WE ALL STAYED HOME for a while.

I katia tō māua kura, ā I NOHO AI MĀTOU KATOA KI TE KĀINGA mō te wā roa.



It was a bit worrying at first. I te tuatahi, he ahua manatunatu.



• What would we do all day? Ka aha māua ia rā, ia rā?



• When would we see our friends and our teachers again?

Ka pehea na te kite i a maua hoa me nga kaiako?



Would we have enough food?
Ka pehea nā i te nui o te kai?



Could we still go outside?
Ka taea e maua te puta ake i waho ra?



But we quickly got used to the 'new normal' Heoi ano, tau mai te rangimarie me te ahua hou o te ao hurihuri

✓ We did our work at home.

Mahi ai māua i ā māua mahi kāinga.



✓ We messaged our friends. Karere ai māua ki ā māua nei hoa.



✓ There was enough food for everyone. He nui te kai mō te katoa.



✓ We went outside but we didn't get too close to other people.

I puta atu māua ki waho rā engari nui ake te tawhiti i waenganui i ngā tāngata kē.



Because we stayed home and didn't Cough and sneeze on each other, the bug Couldn't spread. Nā te noho hāngai pū ai ki ngā tikanga me te kawa i whakaritea ai, e kore e taea te mate kurahauao te horapa ake.



In a while, people stopped getting sick. Taihoa ā, piki ake ai te ora o ngā tāngata, ngaro haere ai te mate kurahauao nei.



Things started to go back to normal and we could go back to school.

Ka tau te ora ki te hapori, ā ka hoki māua ki te kura.



And the dog could go back to sleeping on the couch all day!

Ka taea hoki te kurī te moe ki tōna tino wāhi moenga!

