



GAGANA SAMOA

Wellbeing Alphabet



FREE PRINTABLE RESOURCE



ALOFA

Alofa i tagata uma
Show love to all people



EKĀLĒSIA

E ese ekālēsia 'ae tasi le Tamā
*There are many different churches,
but only one God*



IESU

Fa'alagolago iā Iesu
i taimi faigatā
*Rely on Jesus during
difficult times*



'ONO'SA'I

'Ono'sa'i i mea faigatā
Persevere through difficult times



USITA'I

Usita'i i tulāfono
Follow and obey rules



FESOASOANI

Fesoasoani i so'o se tasi
Help others in need



GĀLULUE

Gālulue fa'atasi mo se manuia lautele
Work together for the common good



LOTOTELE

Lototele 'ae aua e te fa'avaivai
Have faith in times of weakness



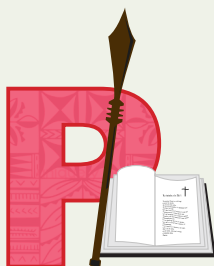
MĀELEGĀ

Ia e māelegā i le aoga
Be diligent at school



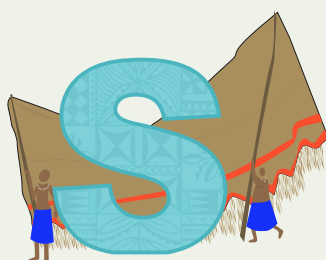
NU'U

Lagolago i lou nu'u
Support your community



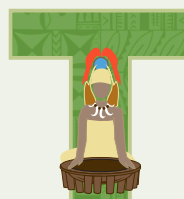
PUIPUI

Ia puipui oe mai mea faigatā
Protect yourself from harm



SAUNI

Ia sauniuni i so'o se taimi
Always be prepared



TAUTUA

O le ala i le pule o le tautua
*The pathway to leadership
is through service*



VA'AI

Va'ai i le lumana'i
Look to the future