

# Whare Tapa Whā your way through the holidays!

## Taha wairua

1. Spend time outside (equally good for tinana and whenua!)
2. Take some mindful breaths in a quiet spot
- 3.
- 4.
- 5.

## Taha hinengaro

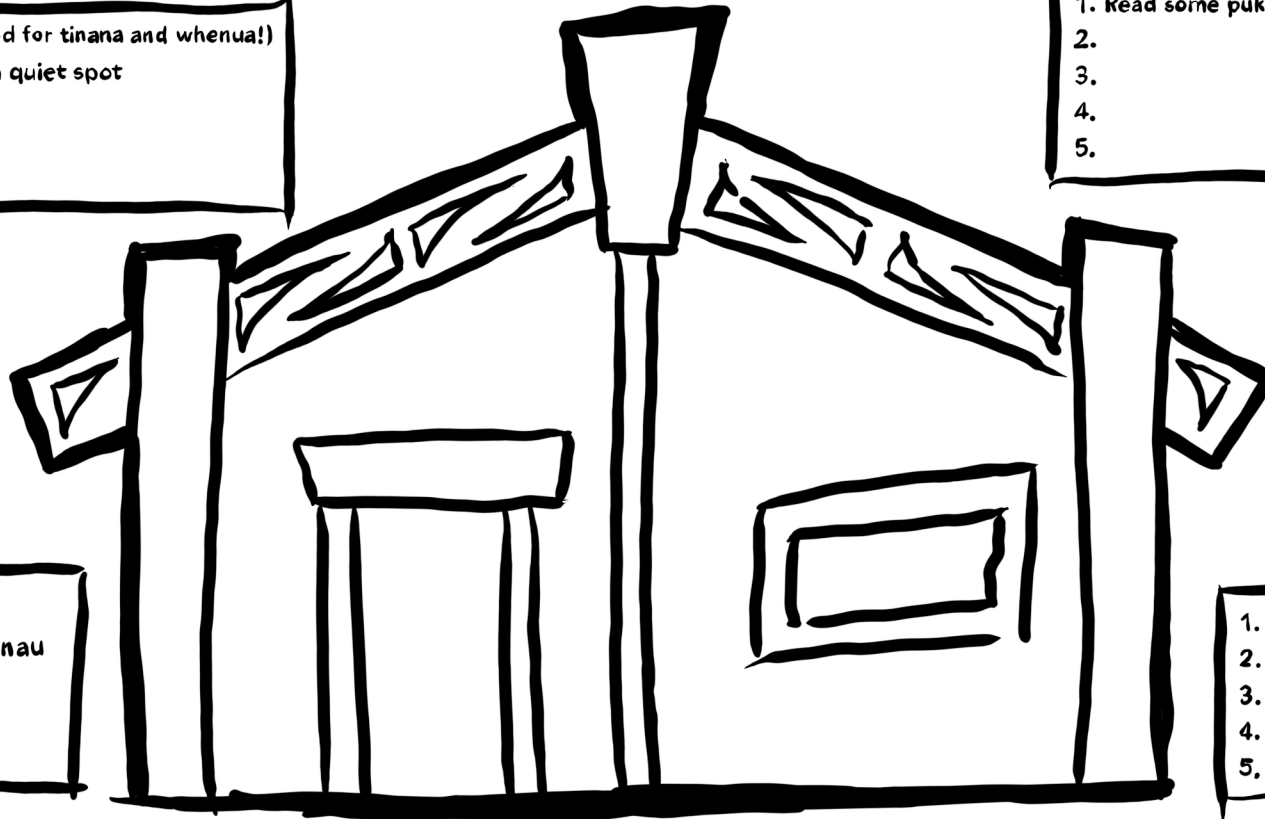
1. Read some pukapuka
- 2.
- 3.
- 4.
- 5.

## Taha tinana

1. Get the ball out
2. Head to the park with whānau
- 3.
- 4.
- 5.

## Taha whānau

1. Spend time with loved ones
- 2.
- 3.
- 4.
- 5.



## Whenua

1. Climb a tree
2. Head to somewhere you love to be - the park, beach...
- 3.
- 4.
- 5.