

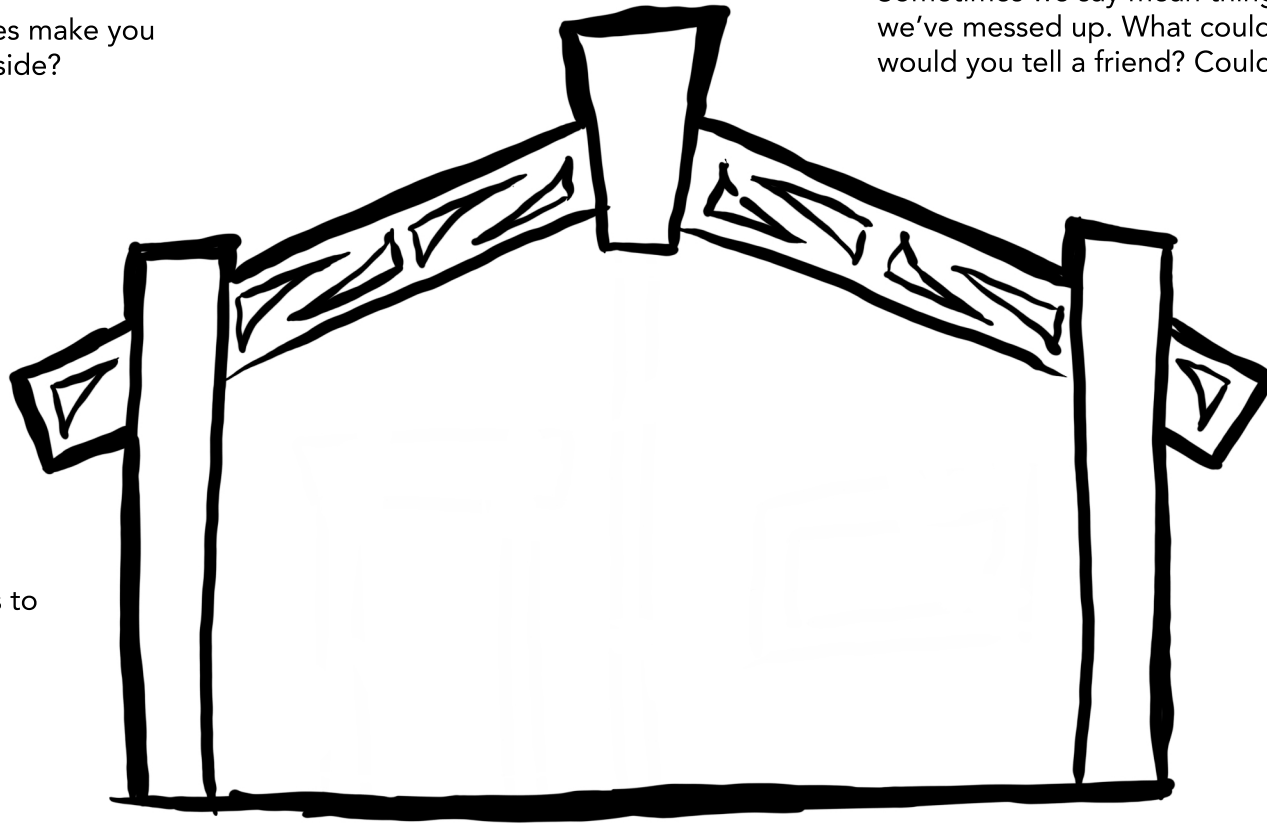
Being kind to myself

Taha wairua

What activities or practices make you feel calm and peaceful inside?

Taha hinengaro

Sometimes we say mean things to ourselves when we think we've messed up. What could you say to yourself instead? What would you tell a friend? Could you say this to yourself too?



Taha tinana

How do I show kindness to my tinana?

Taha whānau

Who cares about you a lot? What do they tell you that you could start to believe?

Whenua

How does being in nature make you feel?

These are some pretty cool things about you.
What things could you say to yourself that lift you up?