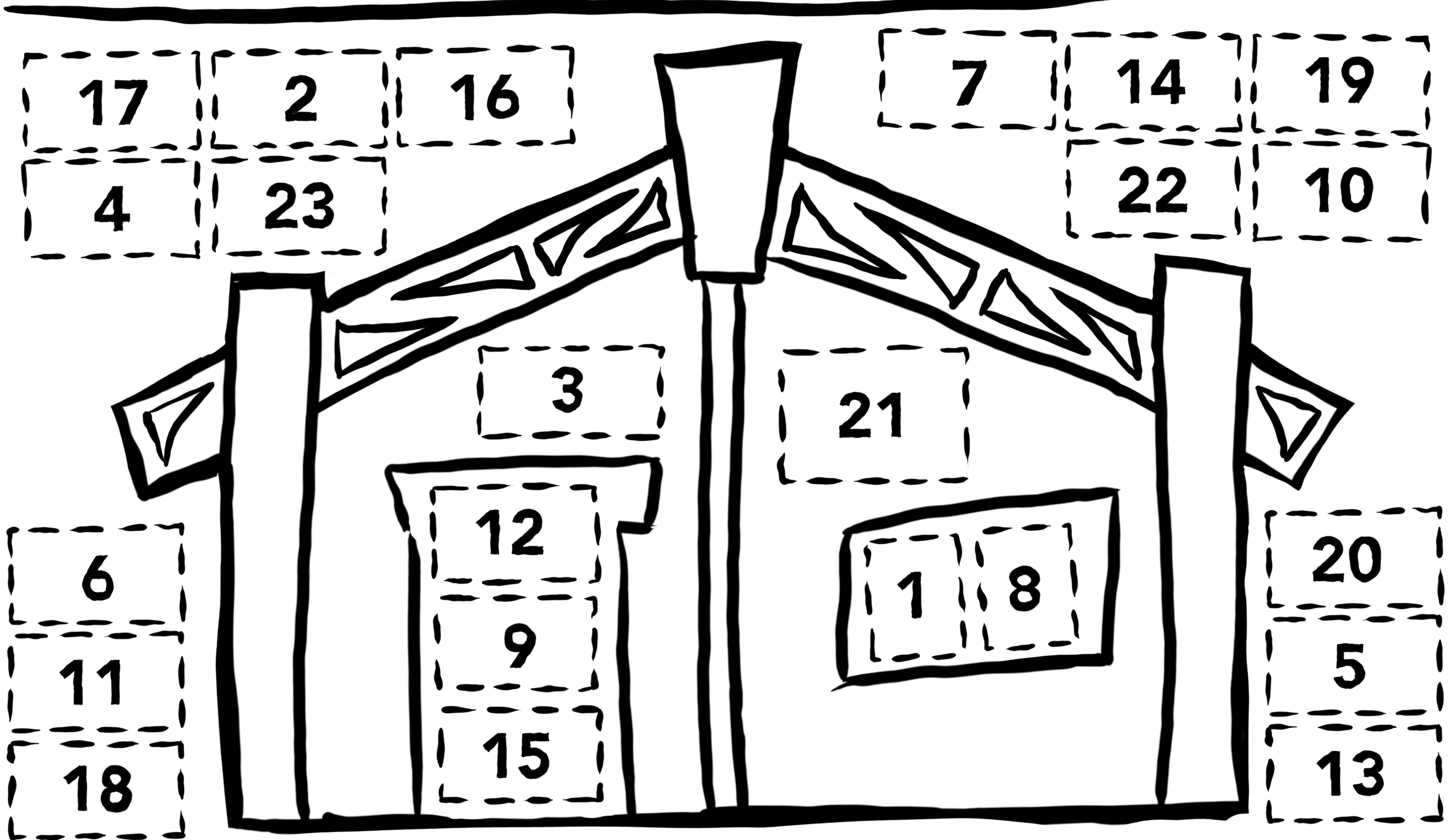


Whare Tapa Whā a day at a time...

Which pou are you supporting today - taha wairua, taha hinengaro, taha whānau or taha tinana?



Whare Tapa Whā a day at a time...

Take 6 deep puku breaths... every time you remember!

Take a moment to pause and look at the sky, do you feel awe or wonder?

Take 1 min to stand outside with your feet planted firmly on the ground.

Think about something you want to achieve and take on action towards it.

Make a note of what you're looking forward to today.

Label how you're feeling in this moment.

Slow something down, walk to it like you're walking on the moon!

Pause to notice 5 small things you otherwise may not have seen.

Come to something today with big excitement!

Try for 2 hrs of tech free time...

Take 6 deep puku breaths while reflecting on your strengths.

Think of someone you're grateful for and why, you might also like to tell them!

Find a way to be active - what game does everyone love?

Compliment the next person you see.

Find a way to play today.

Head outside today for a small hīkoi.

Enjoy kai altogether outside.

Turn up a favourite waiata and sing or dance along to it.

Spend some time reading for enjoyment.

Find a friend to help support you with a problem or goal.

Really whakarongo to someone today.

Take a moment with your kai, enjoy some mindful eating!

Talk to a friend or send a message to someone you care about.