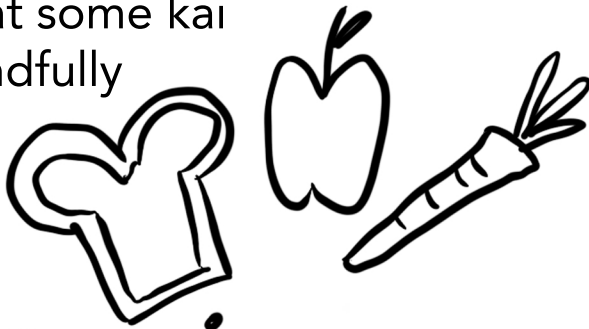


20 Ways to Find Calm Again

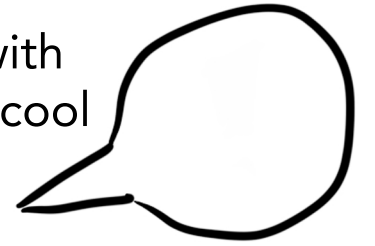


1. Read a pukapuka

2. Eat some kai mindfully



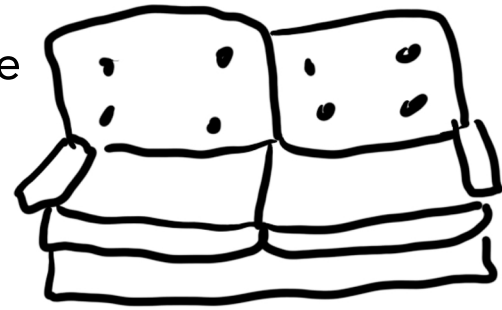
3. Kōrero with someone cool



4. Colour in



5. Puku breathe

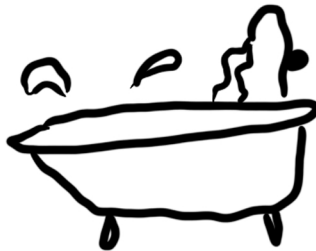


6. Find a quiet place to be

7. Listen to music



8. Have a bath or a shower



9. Drink a glass of wai mindfully



10. Focus on something you can hear, see, feel, smell, taste



11. Dance or waiata it out



12. Write things down

14. Play something enjoyable



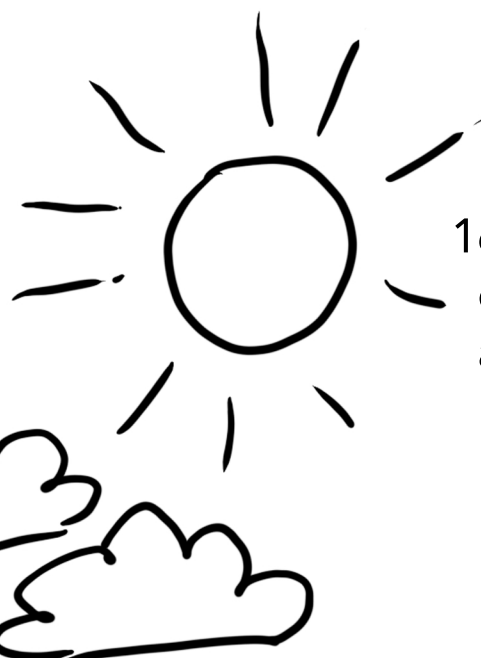
15. Jump around



13. Watch a bug or spider - on a tree, or the window.



16. Sit with the sun on your back for a minute

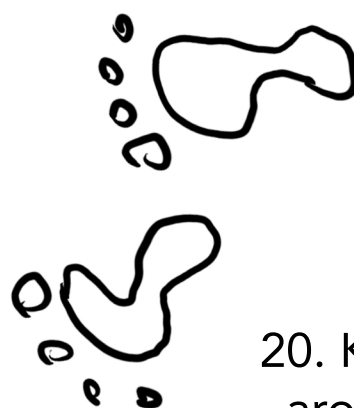


17. Go outside



18. Rest under a rākau

19. Look at the clouds



20. Kick a ball around

