

My five ways to wellbeing

Me whakawhanaunga (connect)

Tukua (give)

These are the things I enjoy doing independently or with my friends or whānau that support my wellbeing and hauora. It's my go-to list when I'm bored or want to shift my mood!



Me aro tonu (take notice)

Me kori tonu (be active)

Me ako tonu (keep learning)