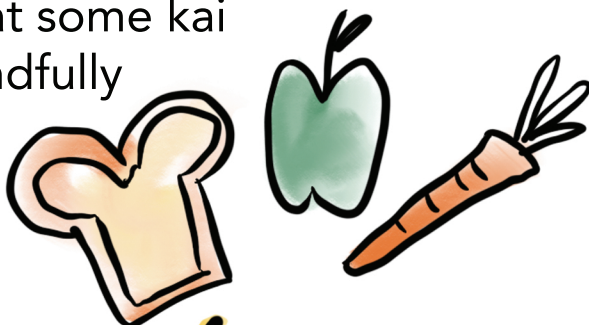


20 Ways to Find Calm Again

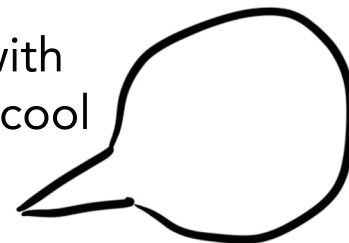


1. Read a pukapuka

2. Eat some kai mindfully



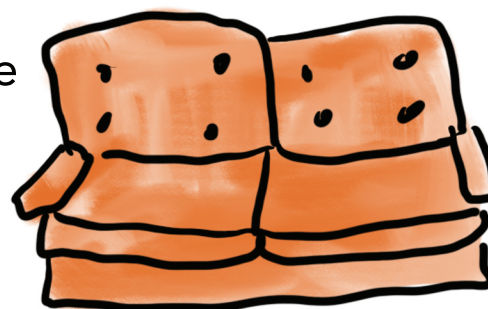
3. Kōrero with someone cool



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



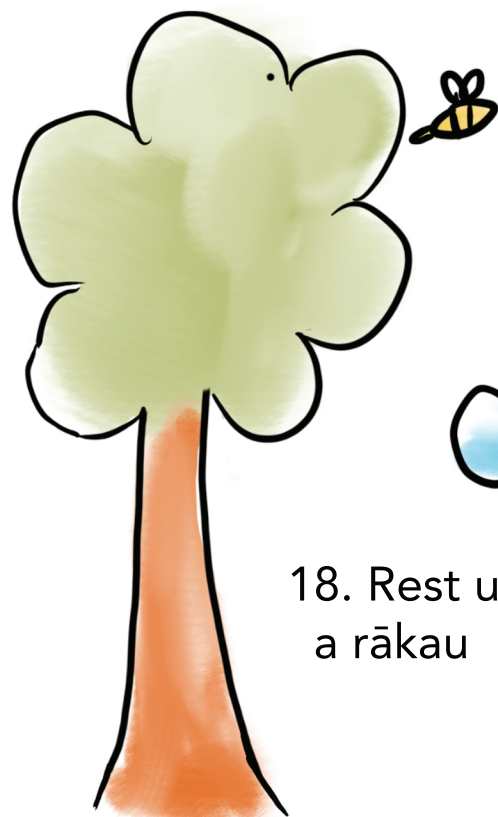
11. Dance or waiata it out



12. Write things down



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



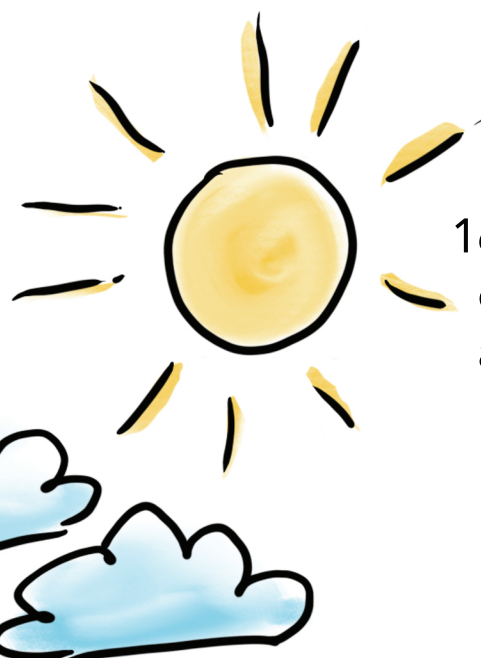
14. Play something enjoyable



15. Jump around



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

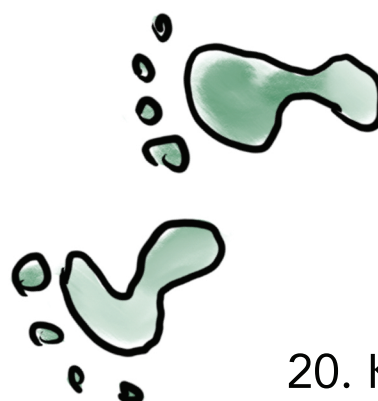


17. Go outside



18. Rest under a rākau

19. Look at the clouds



20. Kick a ball around

