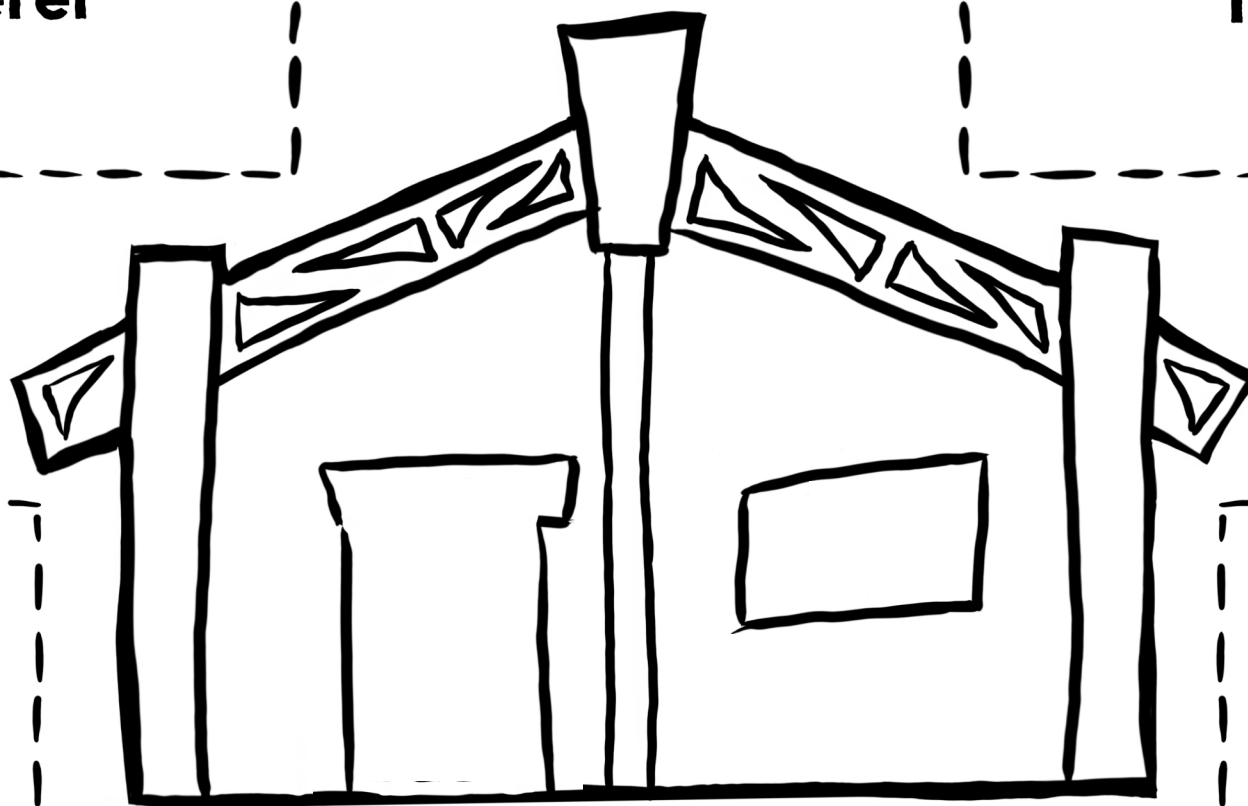


Whare Tapa Whā a day at a time...

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

Wenerei

Tūrei



Mane

Tāite

Paraire

Taha Wairua

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

Taha Hinengaro

Take 6 deep puku breaths while reflecting on your strengths.

Taha Tinana

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

Taha Whānau

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

Whenua

Take 1 min to stand outside with your feet planted firmly on the ground while being mindful. What can you smell, feel and hear?