

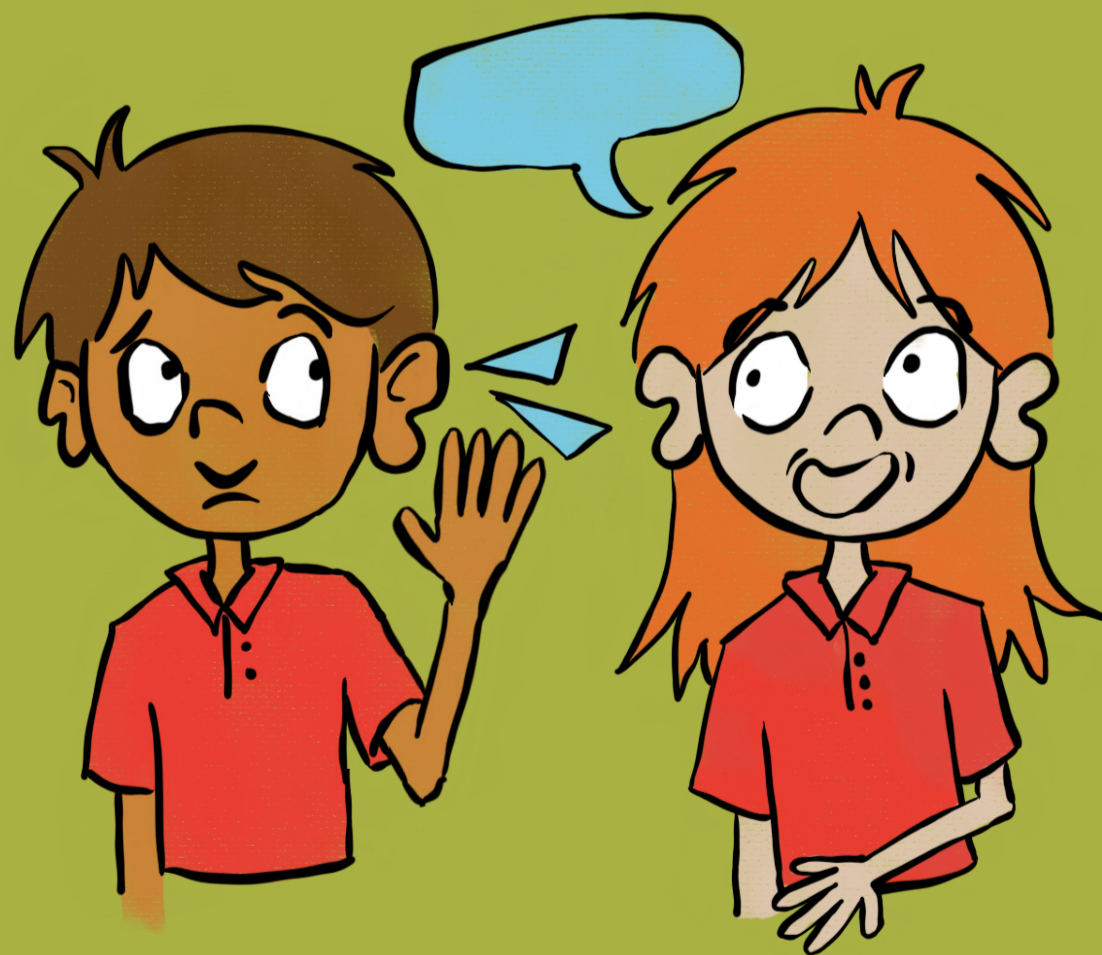
# Me noho tahi tāua ki te whāriki

Please come join  
me on the mat



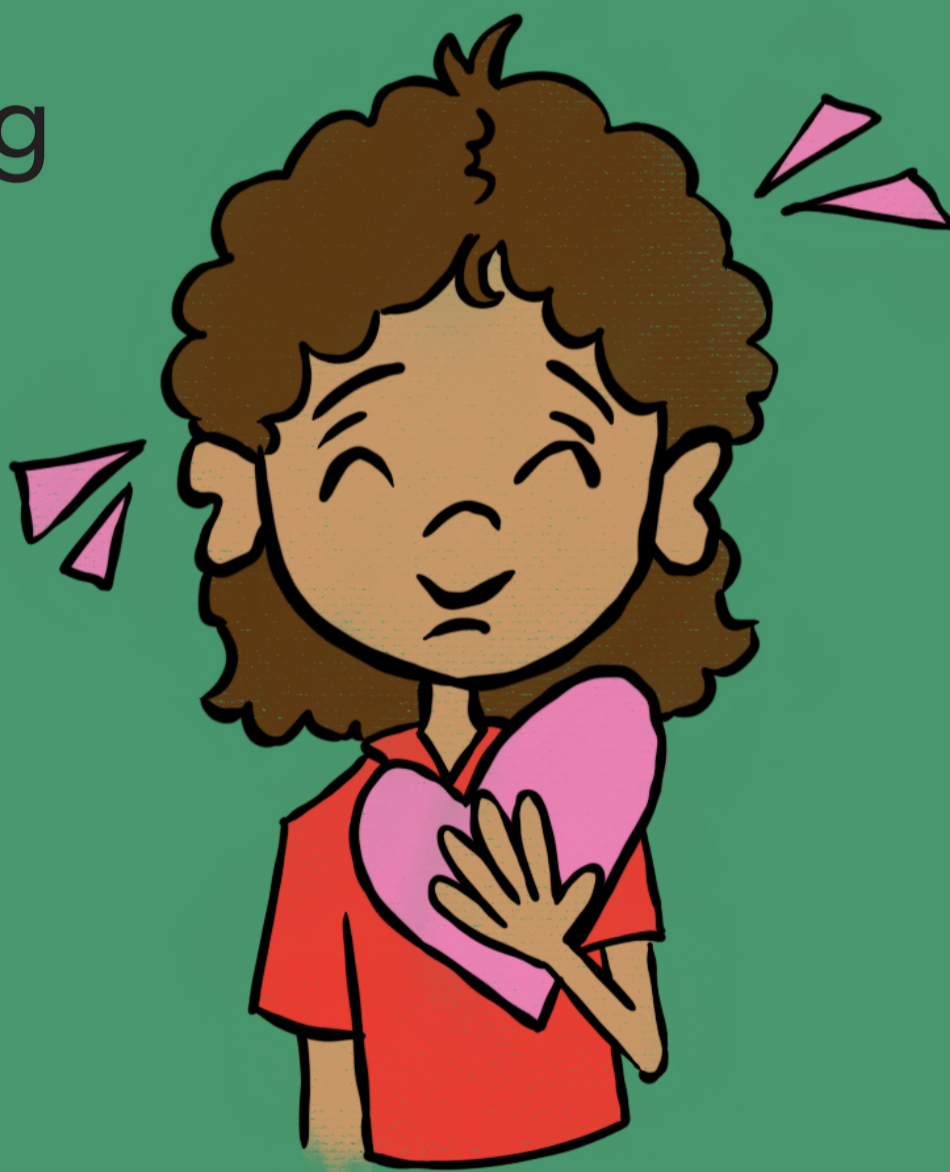
# He taonga te whakarongo, kei a koe taua taonga!

I love the way  
you're listening!



# He hoa mākohakoha koe

Thank you for being  
such a kind friend



# Whakapuakina ōu whakaaro koa

Can you share  
your thoughts  
with me

