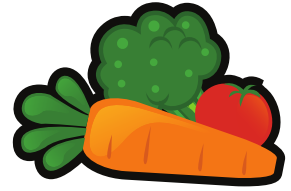


Have you eaten some whurutu (fruit) today?



How many mōwhiti (glasses) of wai (water) have you had today?

Have you eaten some huawhenua (vege) today?



CHECK IN

It's a really good idea to me whakaaro nui koe ki a koe anō (check in with yourself) every day, especially if you are feeling a bit ngēngē (tired) or hōhā (cranky). Have you done some small things today that will help your tinana (body) and hinegaro (mind) to have lots of ngoi (energy).

Me whakaa nui koe ki ētahi atu - check in with others too!

Did you mōe (sleep) well last night? How can you get a great mōe tonight?



Tēnā, whakatā, ā, korihia tō tinana. (please take a break to move your body)

Have you taken some moments to be whai whakaaro (mindful)?



Small things done consistently have a **BIG** impact

He iti mahi i ia rā, he pānga nui a muri mai