



# CONNECT

## *Activities*

**Less than 5 min**



### **Take Care**

At the end of the day ask a friend or whanau member how their day was. Really take the time to listen, maybe even ask a question or two.

### **Korero**

Take some time today to have a korero with someone that makes you feel good. It could be your local shop owner, a friend, or your favorite teacher.

### **Smile**

Your goal is to smile at 10 people today. You do not have to say anything if you don't want to. As you walk past someone, smile and see what happens



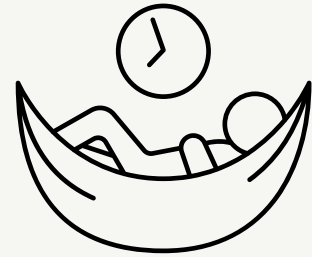


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### I have 'some' time



#### Ground

Sit outside, in your yard for 15 mins. Take off your shoes and feel the land beneath your feet. Breathe up from the land and through your body. Watch the world go by.

#### Guide

Discover the name of an iwi, maunga or awa in the place you live.  
Discover the purakau associated with that place.

#### Gratitude

For one week, keep a journal at the end of every day. Write down the things you are grateful for.





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I have 'more' time



### Get Out

Getting outside and into nature is one of the best ways we can connect.

Print off the 'spot the native' activity and get in the bush!

### Give Back

Give back to the whenua by volunteering or participating in local conservation projects. Get INVOLVED

### Moana Visit

Get down to the water and put your feet in.

