

FILL MY WHARE TAPA WHĀ

Bubble time and home-learning can feel hard sometimes. Whare Tapa Whā can help lift our mood and give us energy. Choose some activities to try so you've got a list to come back to whenever you want.

TAHA WAIRUA SPIRITUAL

I tried

It made me feel

I tried

It made me feel



TAHA HINENGARO MENTAL & EMOTIONAL

I tried

It made me feel

I tried

It made me feel

TAHA TINANA PHYSICAL

I tried

It made me feel

I tried

It made me feel



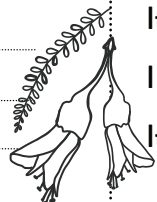
WHENUA LAND, ROOTS

I tried

It made me feel

I tried

It made me feel



TAHA WHĀNAU FAMILY & SOCIAL

I tried

It made me feel

I tried

It made me feel

