



Taha hinengaro
My mental and emotional health

Some Ideas

- Have a daily routine
- Sing waiata
- Spend time being creative - painting, drawing, colouring
- Spend some quiet time in a favourite space
- Take time to tummy breathe

I'm good at: _____

I'm not so good at: _____

What can I do to get better at this stuff and look after my taha hinengaro? _____