



MY WELLBEING WORKBOOK

Section A: Team meeting wellbeing moment

These are tiny activities that might be useful for team meetings. You might pick them up and begin while you're waiting for everyone to arrive. They're reflective activities that you can share, only if you want to.



Sparklers

Kei te pehea koe? ahau

Take some taha hinengaro time to write down
2 great things about the week

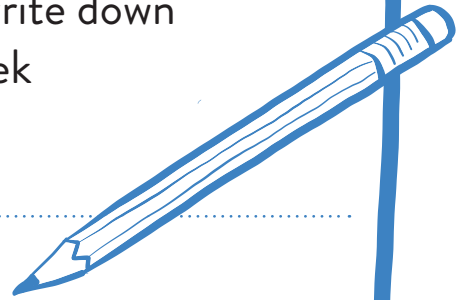
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2.

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Remember too, you make this place sparkle! 

Kei te pehea koe? ahau

**What's something you'll be doing this week
to give your wellbeing a boost?**

Look to Te Whare Tapa Whā for inspiration -
your tinana, hinengaro, wairua, whenua, whānau.

Kōrero with a buddy if that will help with ideas.

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You are a bringer of joy!

Sparklers

Kei te pehea koe? ahau

Take some taha wairua time - who are you grateful for today?

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Why is this?

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On a scale of 1 to 10, you're an  11.

Kei te pehea koe? ahau

Take some taha hinengaro time to write down 2 great things about the week...



1.

2.

You're a ray of sunshine

Sparklers

Kei te pehea koe? ahau

What have you done this week to support your wellbeing
- look to Te Whare Tapa Whā for inspiration - your tinana,
hinengaro, wairua, whenua, whānau.

And what's something you've done to support
someone else's wellbeing?



We bet you sweat glitter
(bio degradable of course!)



Sparklers

Kei te pehea koe? ahau

Take time for your hinengaro by quietly taking 4 deep puku breaths to reset - breathe in for 4 and out for 6 each time. *If you like, write down what you notice before breathing, and after...*

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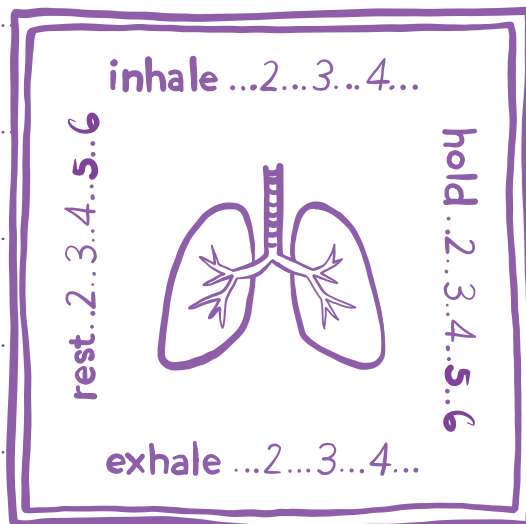
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Colours seem brighter when you're around.



Kei te pehea koe? ahau

Take time for taha wairua and whenua - look outwards now for just 10 seconds, preferably through a window - what do you notice that feels positive? You could *write or draw this*

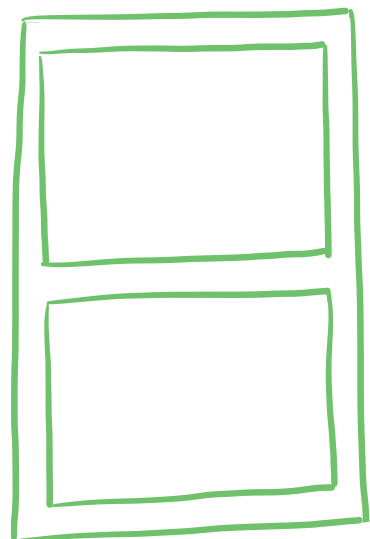
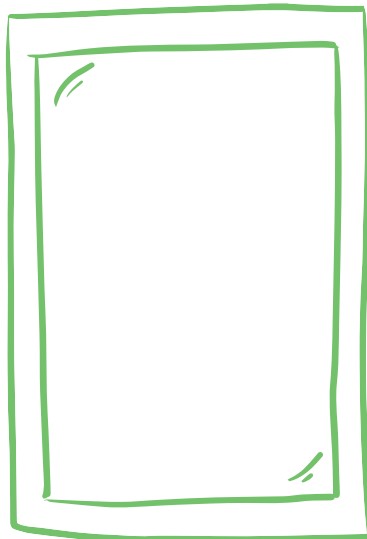
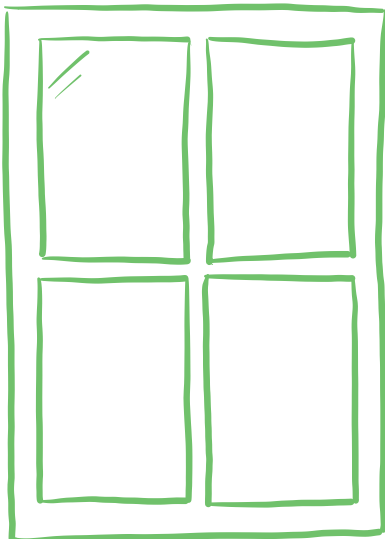
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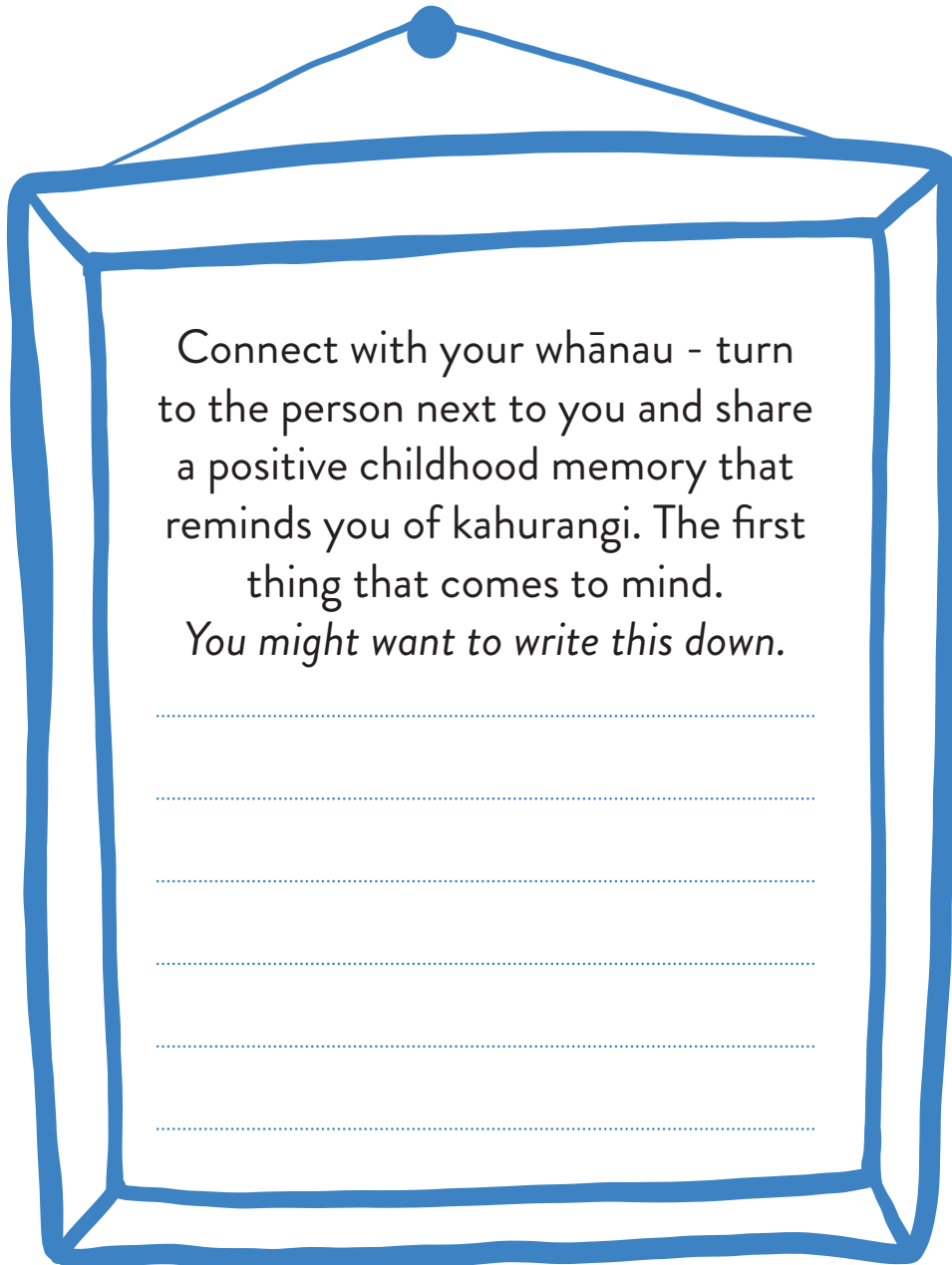
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Thanks for being you. !

Sparklers

Kei te pehea koe? ahau



Connect with your whānau - turn to the person next to you and share a positive childhood memory that reminds you of kahurangi. The first thing that comes to mind.
You might want to write this down.

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You're even better than a unicorn,
because you're for real.

Sparklers