

Te Whare Tapa Whā Check-in

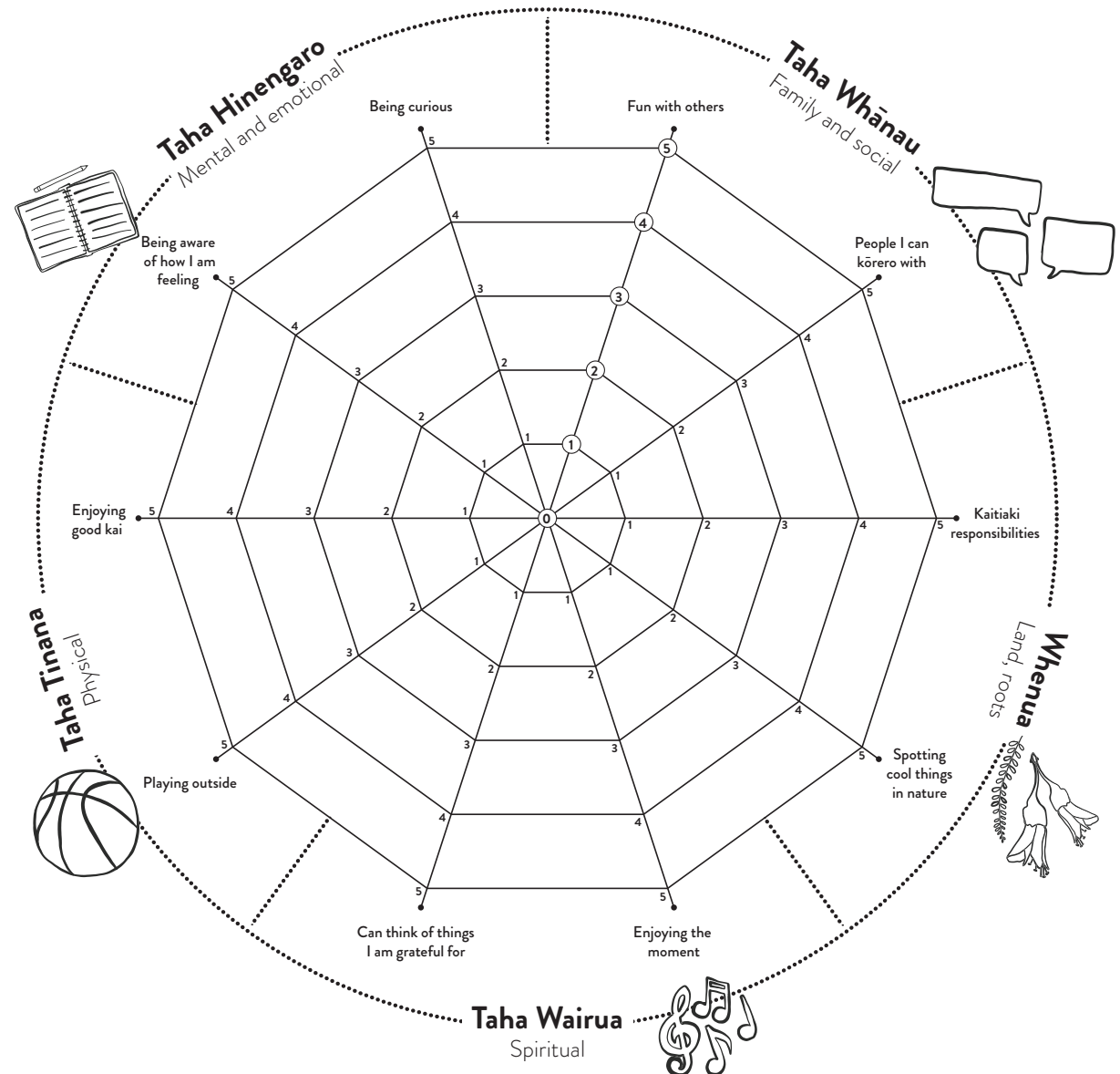
Te Whare Tapa Whā has taught us that there's a lot of things we can do to help us feel ka pai. This sheet helps us think about our hauora pou, and which ones we're super strong in, and which ones could do with a boost.

Get started!

1. For each line, 'x' the number that feels about right (see super scale)
2. Connect each x to the one beside it by ruling a straight line.
3. Colour in your unique shape!
4. Complete the questions & drawings on page 2.

Super scale

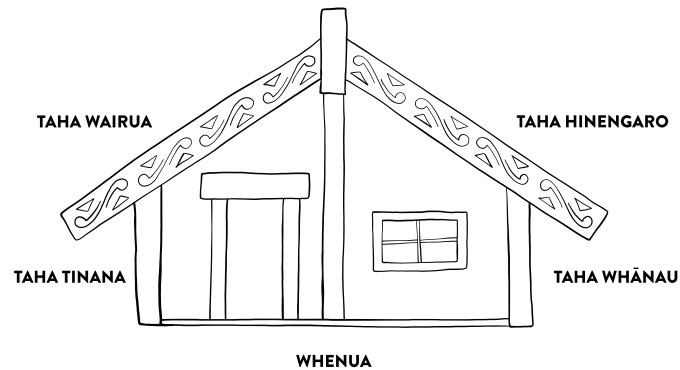
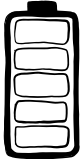
0. I haven't done this.
1. I've hardly done this.
2. I've done this once or twice.
3. I've done this most weeks.
4. I've done this lots!
5. I'm doing this most days.



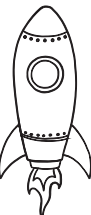
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Write or draw your answers in the
boxes on the right:

Which pou am I all topped up in? Why?



Which pou needs a boost?
How will I do this?



What's one kind thing I can
do for someone today?

And tomorrow?

