

COLLECTING MEMORIES

AHAKOA HE ITI, HE POUNAMU

So often it's the simple things that bring us fun and aroha. Which of these activities can you try with the whānau? Tick them off as you go, and enjoy making some new memories together.

For more ideas, head to allright.org.nz/simplethings

GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PĀE TAWHITI

Sparklers
At Home

MINISTRY OF
HEALTH
MANATŪ HAUORA

 <input type="checkbox"/>	Share kai	 <input type="checkbox"/>	Go for a hīkoi/wander	 <input type="checkbox"/>	
Head to the water	 <input type="checkbox"/>	Play a game, like kōhatu	 <input type="checkbox"/>	Have a picnic	 <input type="checkbox"/>
Learn a new song or waiata	 <input type="checkbox"/>	Play a game outdoors	 <input type="checkbox"/>	Spend time barefoot	 <input type="checkbox"/>
Get arty!	 <input type="checkbox"/>	Visit a river, beach, tree or hill	 <input type="checkbox"/>	Connect with whānau	 <input type="checkbox"/>
Share some aroha					