

Show aroha
someone you
having a chal

Mat
Whā
Adve

ariki
nau
nture
(kindness) to
I know who is
lenging time.

Star 1

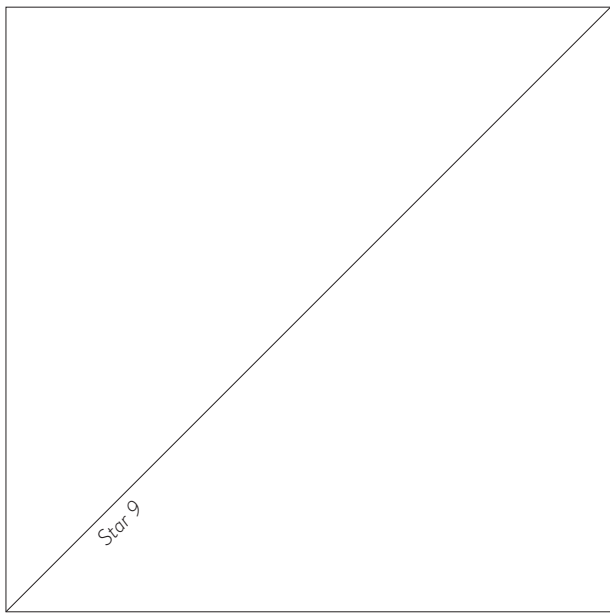
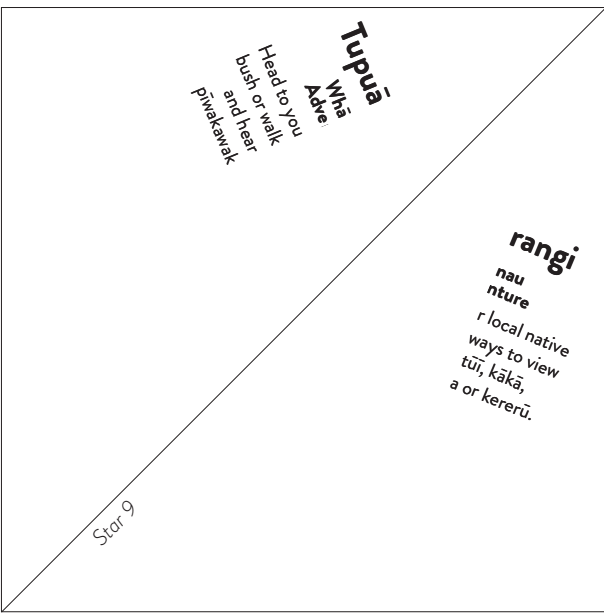
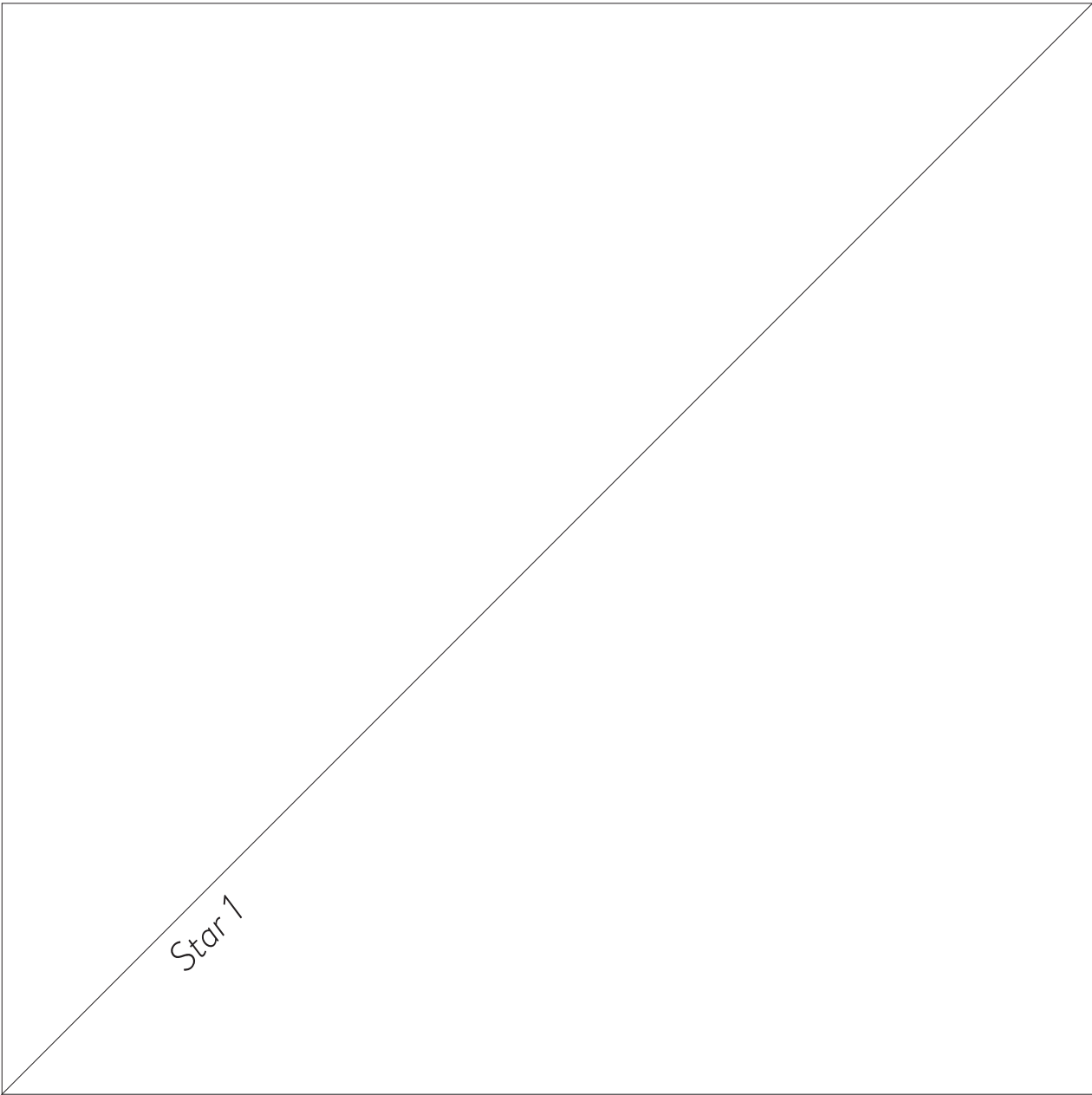
Nurture a s
a vegetabl
garden and

Tupu:
Whā
Adve

inuku
nau
nture
eed, or plant
e or flower
make a start.

Star 8

Star 8



Choose a wh
represents so
who has pass
them

Pōhut
Whā
Ade

ukawa
nau
nture
etū (star) that
meone special
ed, and send
aroha.

Star 2

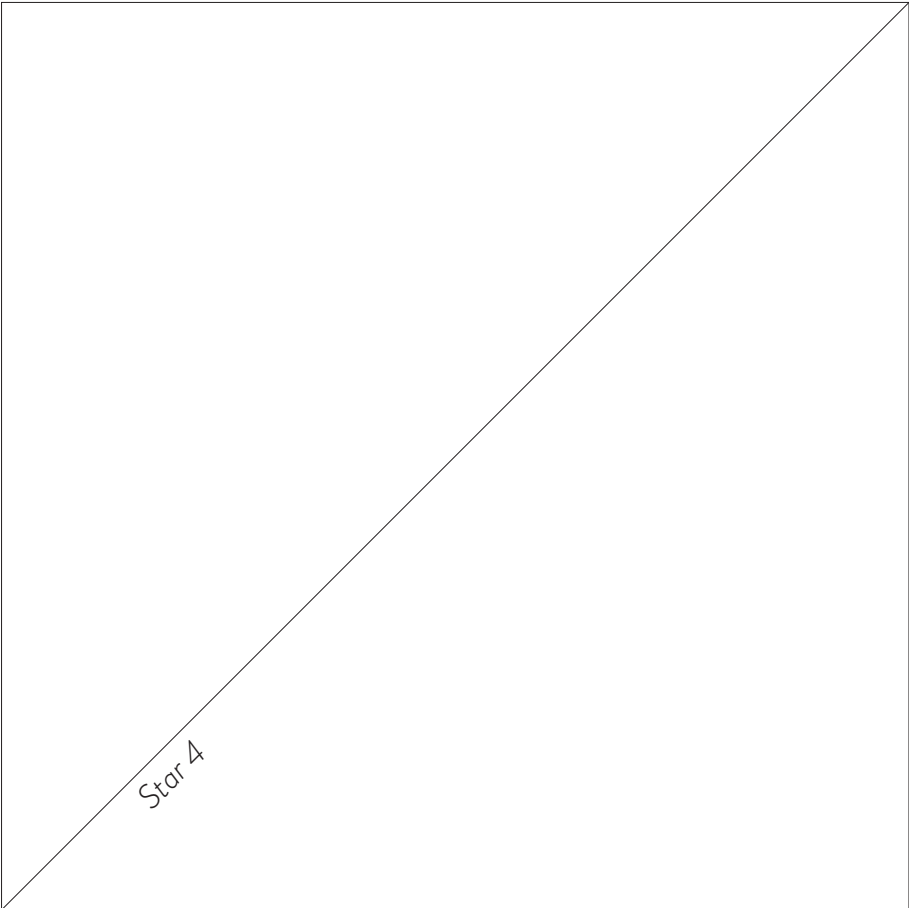
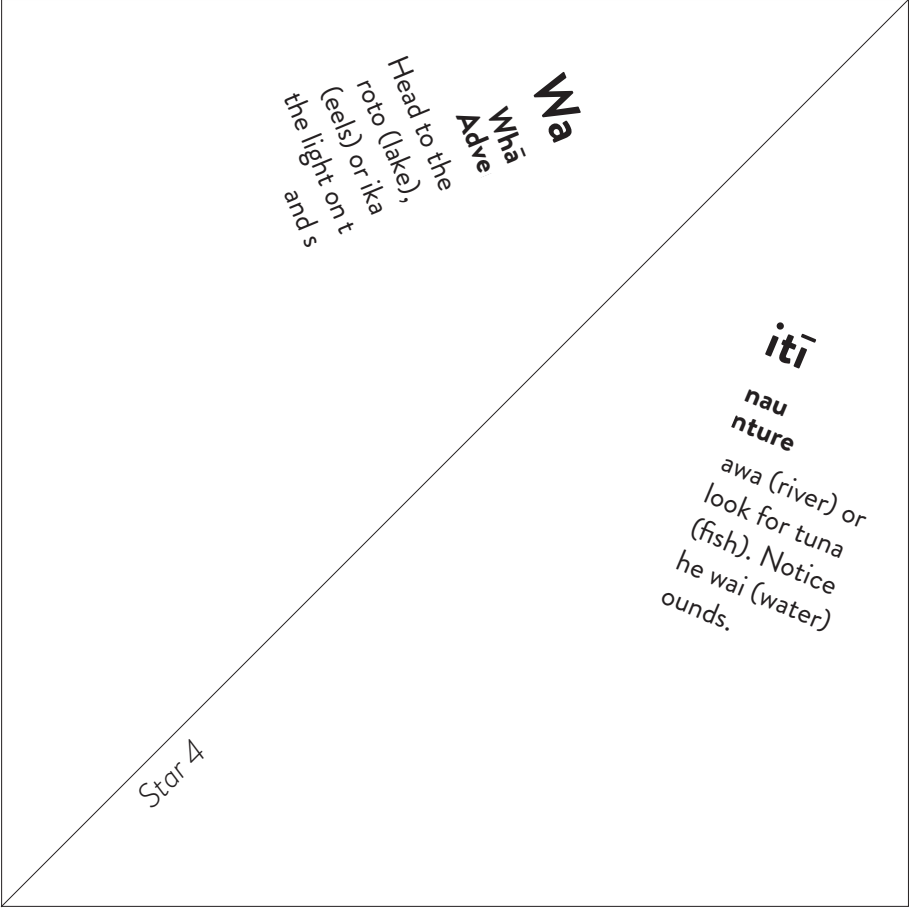
Star 2

Waipu
Whā
Adve
Plan to go
(rain)—stom
and watch th
listen to th
roof whi.

narangi
nau
nture
out in the ua
p in puddles
e splashes orr
e ua on your
le inside.

Star 3

Star 3



Urur
Whā
Adre
Make a wind
a manu tukutu
a way to enjoy
watch it in the
and kapu

Star 5

angi
nau
nture
chime or make
uku (kite) – find
the hau (wind),
a rākau (trees),
a (clouds).

Star 5

Hiwa-i-
Whā
Adre
Make a w
coming year
towards Hiw

Star 6

te-rangi
nau
nture
ish for the
as a whānau
a-i-te-rangi.

Star 6

Wa
Whā
Adre
Head to the
low tide and
the rockpools
pāpaka (C
angaanga

Star 7

itā
nau
nture
beach – go
take a look at
searching for
rabs) and
(shells).

Star 7