PLANNING: MY WEEK AHEAD		Sparklers Helping tamariki live brighter
What can I bring this week?	What's the challenge?	What strengths can I bring?
What's the best Sparklers filter fit? Circle or highlight or do what you like!		
MINDFULNESS RESILIENCE AN	STRENGTHS	GRATITUDE
READY FOR LEARNING	MANAGING EMOTIONS	KINDNESS AND FRIENDSHIPS
What would a week of wellbeing look like? What can I try? - remember repeating activities is kapai!		
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
How will this benefit all my tamariki?		

REMEMBER TO BREATHE, TAKE A BREAK AND PRAISE MYSELF FOR SOMETHING... ANYTHING!