



Taha whānau
My family, friendship
and community health

Some Ideas

- Make time to connect with your friends and whānau members
- Give compliments regularly
- Help with chores
- Kōrero with whānau about your whakapapa

I'm good at: _____

I'm not so good at: _____

What can I do to get better at this stuff and look after my connection to my whānau? _____