



EMBRACING THE CALM



It's important for our wellbeing that when we're feeling emotions that we might describe as 'positive' like calmness, joy, awe... that we notice them and try to soak in them for a bit longer than we might otherwise. So try bathing in calmness when it comes your way.

One way to do this and lift your mood is to spend some time reflecting on people and things you're grateful for. If you're keen to try some proven wellbeing boosters as part of your every day, a super simple way to do this is to have a gratitude kōrero as part of your evening kai, or part of your 'goodnight' routine with tamariki.

When we're calm it's also a great time to address some of the times we're not! Another calm, fun way to do this is with [Energy Rollercoaster](#)



**Gratitude helps
us stay positive**



Sparklers

Research shows regularly writing down what we're thankful for evokes positive emotions, helps remind us of all the things and people who contribute to our lives, and builds our appreciation, empathy and kindness.