

MY WELLBEING WORKBOOK

Taha Wairua
Spiritual

Taha Hinengaro
Mental & Emotional



Taha Tinana
Physical

Taha Whānau
Family & Social

Whenua *Land, roots*

These tiny activities are set to give you mini wellbeing boosts. You might choose to do them on your own, as part of your classroom activities or home-learning, or share with your whānau or friends.

Sparklers

Kei te pehea koe? ahau

Sparklers

Take some taha hinengaro time to write down
two great things about the week

1.

.....

.....

.....

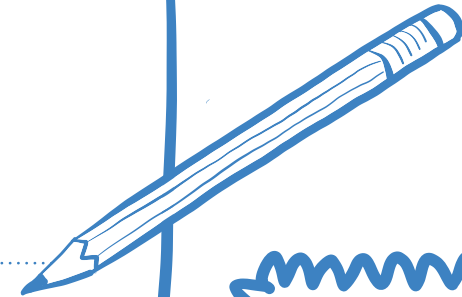
.....

2.

.....

.....

.....



Kei te pehea koe? ahau

Sparklers

**What's something you'll be doing this week
to give your wellbeing a boost?**

Look to Te Whare Tapa Whā for inspiration - your tinana, hinengaro,
wairua, whenua, whānau. *Kōrero with a buddy if that will help with ideas.*

.....

.....

.....

.....

.....

.....

Kei runga noa
atu koe!
**You're
awesome!**

Kei te pehea koe? ahau

Sparklers

Take some taha wairua time - who are you grateful for today?

.....

.....

.....

.....

Why is this?

.....

.....

.....

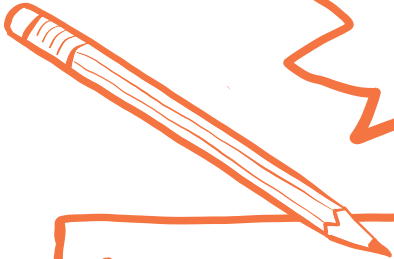
On a scale
of 1 to 10,
you're an



Kei te pehea koe? ahau

Sparklers

Take some taha hinengaro time to write down two great things about the week...



1.

2.



Kei te pehea koe? ahau

Sparklers

What have you done this week to support your wellbeing
- look to Te Whare Tapa Whā for inspiration - your tinana,
hinengaro, wairua, whenua, whānau.



And what's something you've done to support
someone else's wellbeing?

We bet you
sweat glitter
(bio degradable
of course!)



Kei te pehea koe? ahau

Take time for your hinengaro by quietly taking four deep puku breaths to reset - breathe in for four and out for six each time.

If you like, write down what you notice before breathing, and after...

.....

.....

.....

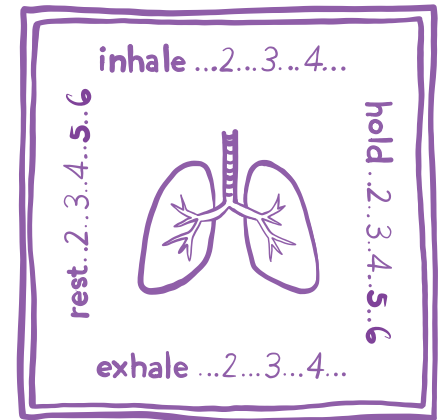
.....

.....

.....

.....

Sparklers



Colours seem brighter when you're around.



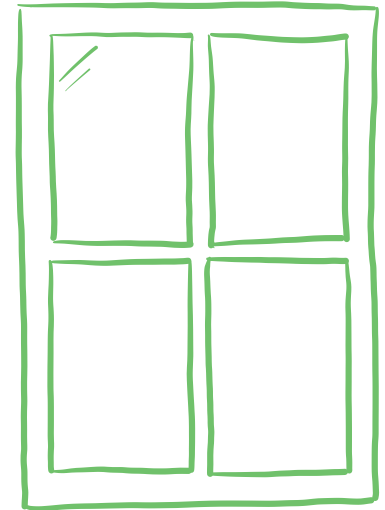
Kei te pehea koe? ahau

Sparklers

Take time for taha wairua and whenua -

Look outwards now for just 10 seconds, preferably through a window - what do you notice that feels positive?

You could write or draw this



Thanks for
being you. !

Kei te pehea koe?

..... ahau

Sparklers

Connect with your whānau -

Share a special, special memory that reminds you of kahurangi (blue). The first thing that comes to mind. *You might want to write this down too.*

.....

.....

.....

.....

.....



You're even better than a unicorn, because you're for real.