

Journal prompts for reflecting on Matariki

FOR KAIAKO

- The whetū that I connected with this Matariki was because
- What's a goal you have this term to enhance your hauora?
- One thing I will use more of to tautoko myself is

FOR TAMARIKI

- Draw or paint a picture of your Matariki celebrations (*or what you imagine for next year*).
- Listen to a story or piece of music about Matariki and then write about what it is you experienced while listening.
- What is one wellbeing commitment you can set as a goal this term? Feel it, draw it, write about what will help you towards success.

