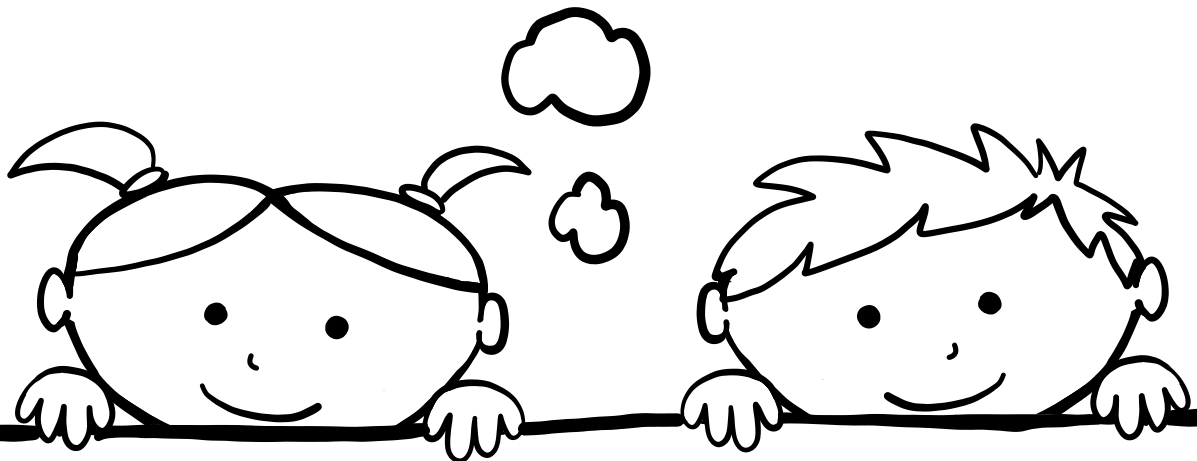
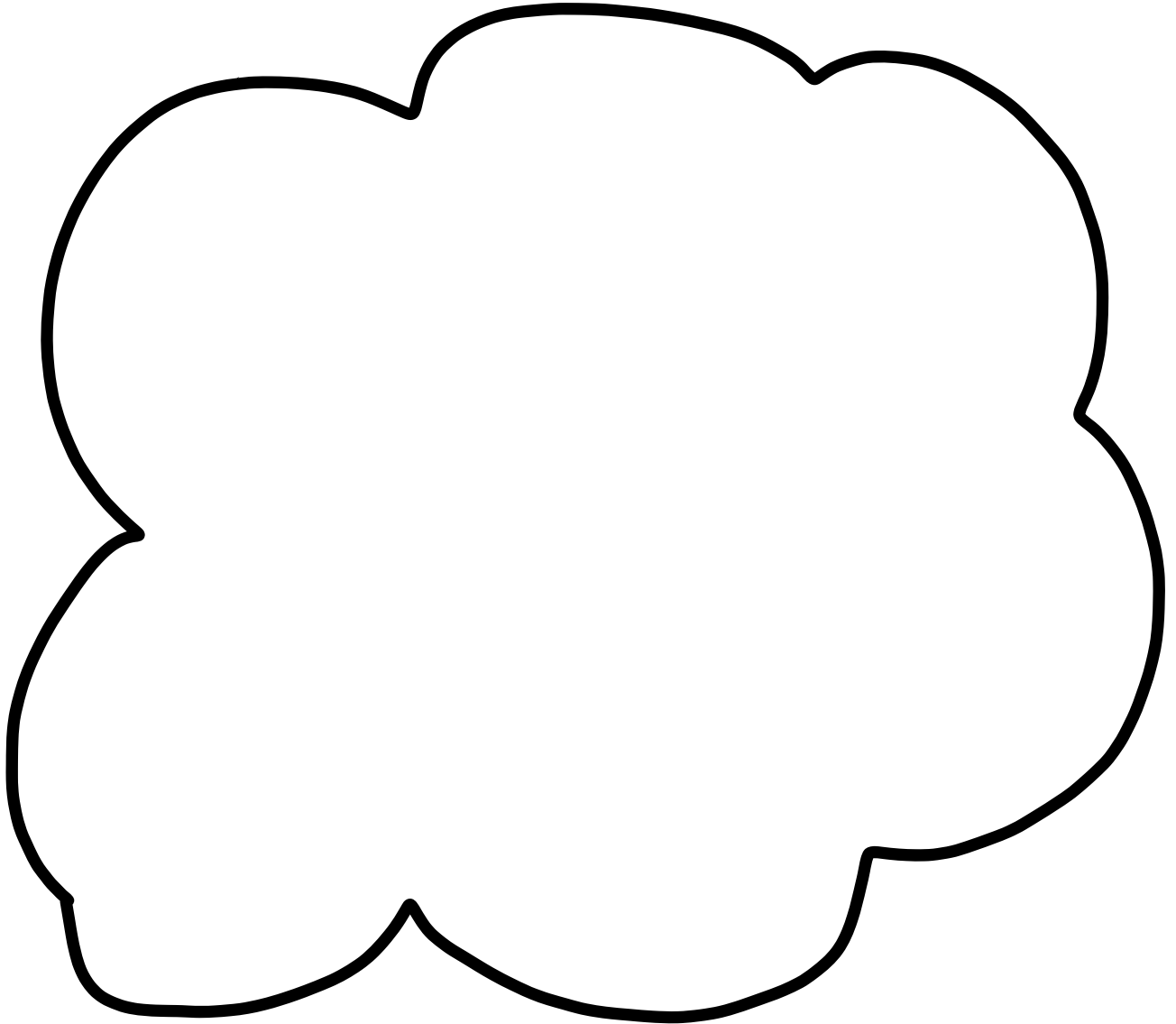


My

WHAKAWHETAI
(GRATITUDE)

*
journal

What does **WHAKAWHETAI**
(GRATITUDE) mean to me?



What are some things that make me
HARIKOVA / HAPPY?

1.

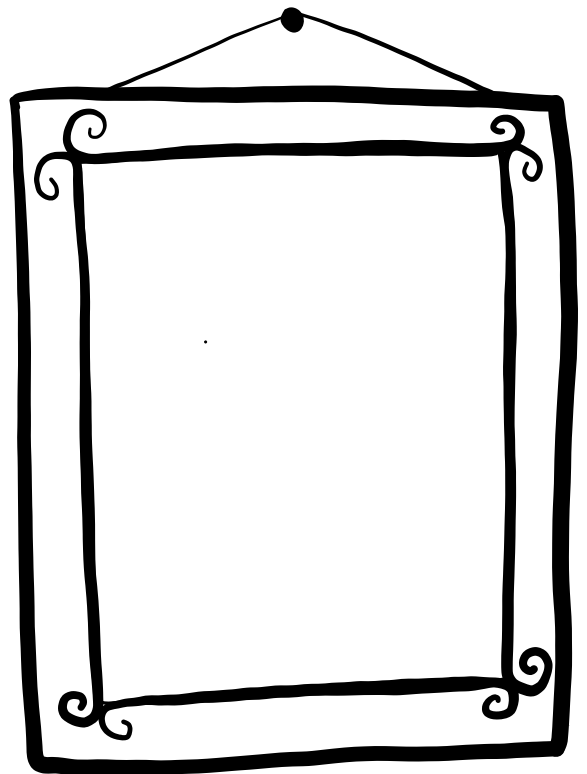
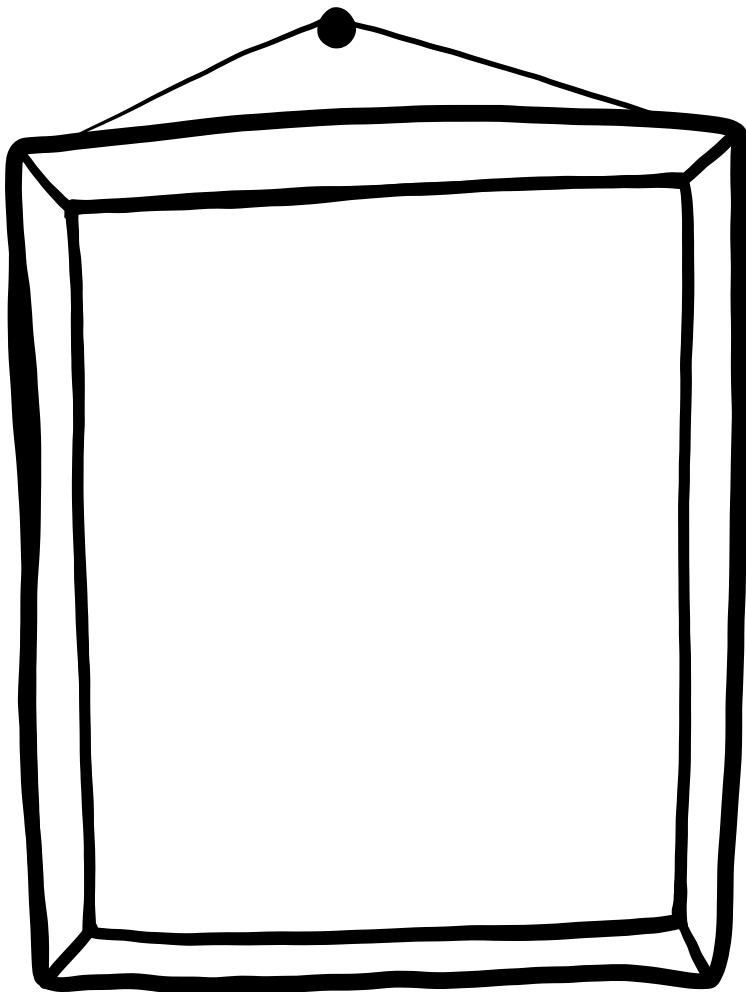
2.

3.

4.

5.

Who are the **TU MEKE PEOPLE**
in my life?



What sorts of things do these people do for me?

What other things make me

feel **WHAKAWHETAI / GRATEFUL** ?

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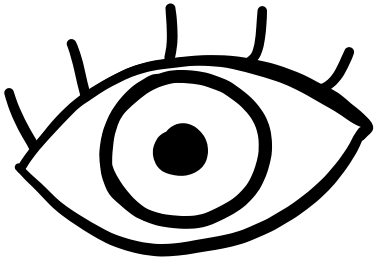
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FAVOURITE SIGHTS



1.

2.

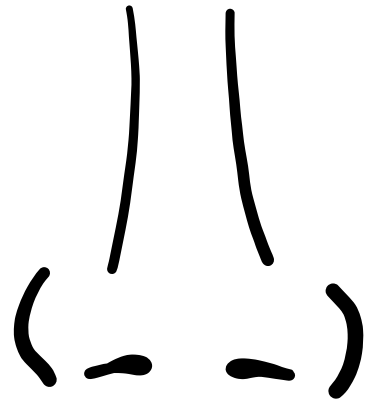
3.

FAVOURITE SMELLS

1.

2.

3.

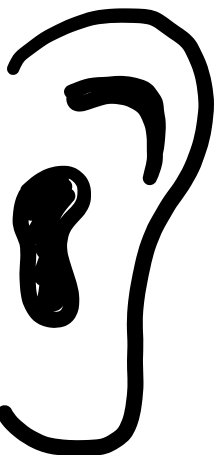


FAVOURITE SOUNDS

1.

2.

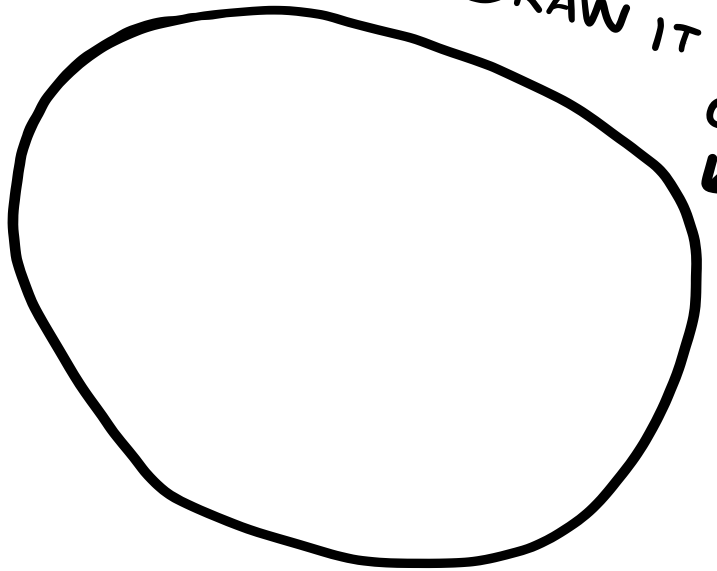
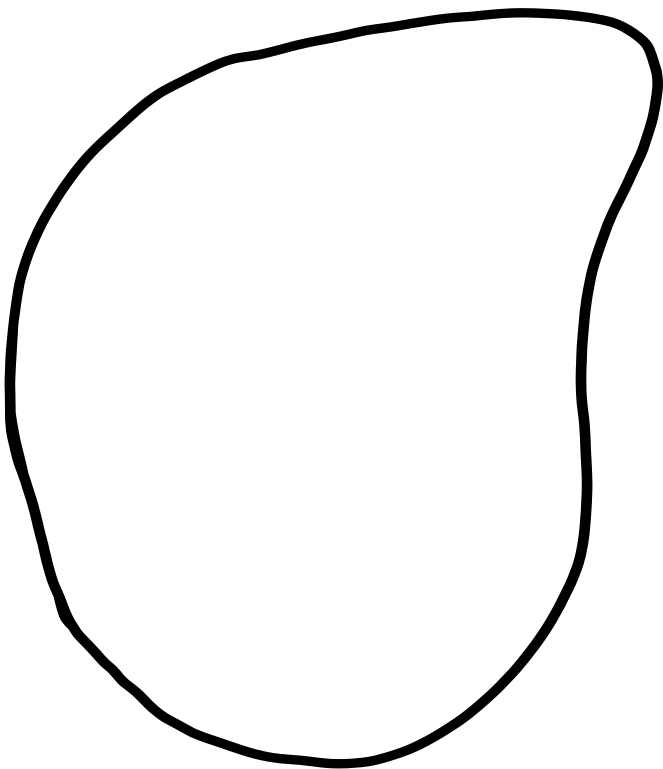
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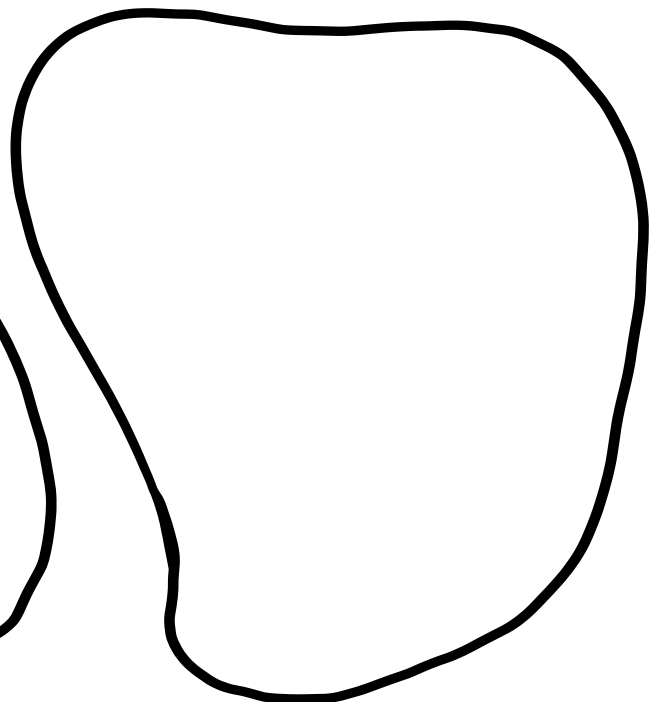
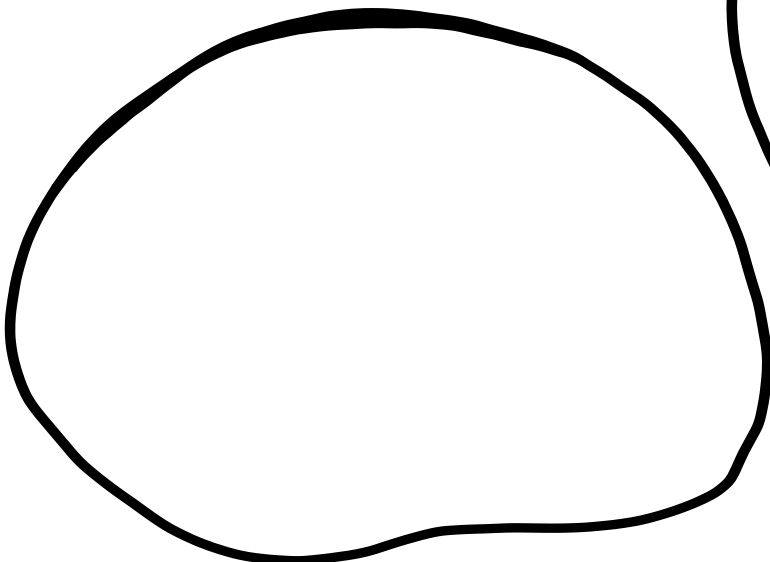
WHAT DO WE LIKE DOING IN THE

WEEKEND

AS A WHĀNAU?



DRAW IT
↙



My week of

WHAKAWHETAI

Rāhina | **Monday**

Rātu | **Tuesday**

Rāapa | **Wednesday**

Rāpare | **Thursday**

Rāmere | **Friday**

Rāhoroi | **Saturday**

Rātapu | **Sunday**

Bonus Activity!

You could create and send thank you cards to the people you feel grateful for and tell them why. Or leave chalk thank you messages for your nearby friends and neighbours to find.