



Whenua

My connection to the land and my place

Some Ideas

- Spend time sitting under a favourite rakau, relaxing and listening to nature
- Lie on your lawn and look at the sky
- Look after a plant that need some aroha
- Play outside barefoot

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 the whenua? _____