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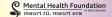
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What's something nice that someone has done for you lately?

I ēnei rangi tata nei, he aha tētahi mea pai kua mahia e tētahi mōu?

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How do you keep in touch with the people in your life?

Ka pēhea koe e tūhono ai ki tō whānau me ō hoa?

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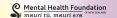
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Who is someone you'd like to reconnect with?

He hiahia nei tāu te whakahono atu anō ki tētahi atu?

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How do you take a moment to check-in with yourself?

He aha tāu mahi hei whakatau i a koe anō?

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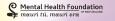
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Where do you feel most at home?

Kei hea tō āhuru mōwai?

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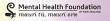
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Which of the Five Ways to Wellbeing do you focus on most to look after your wellbeing?

Ka aro koe ki tēhea o ngā ara e rima hei poipoi i tō ngākau ora?

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What is something new that you have learnt recently?

He aha rānei tētahi mea hou kua ākona e koe?

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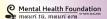
Mental Health Foundation mauri tū, mauri era

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Which of the four pou of Te Whare Tapa Whā do you need to focus on more for your wellbeing?

Me whāngai koe i tēhea o ngā pou o tō ake Whare tapawhā?



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What is your favourite way to move your tinana/body?

He aha tō tino mahi kori tinana?

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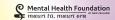
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Does your whānau have any special traditions?

He tikanga ā-whānau tāu e kawea tonutia i ēnei rangi?

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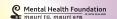
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What's your go-to comfort food?

He aha ō tino kai?

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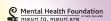
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If you could live anywhere in the world, where would it be?

Ki te noho koe ki tētahi wāhi o te ao, ko hea te wāhi noho māu?

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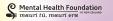
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Who is one person that had a positive influence on you?

Ko wai mā tētahi o ō kaiwhakaaweawe?

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What do you do to manage when life gets too busy or hectic?

Mēnā e mauri rere ana tō ao, me pēhea koe e whakatau ai i a koe anō?

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How do you de-stress?

Me pēhea koe e whakatau ai tō mauri?

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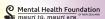
Mental Health Foundation meuri tū, meuri ere

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What is something you are grateful for?

He aha tētahi o ō whakawhetai?



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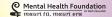
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What helps you have a great day at school or work?

He aha ngā mea āwhina hei whakakoa i a koe i te mahi, i te kura rānei?

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Who is someone vou are proud of?

E whakahīhī ana koe ki a wai?

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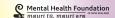
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If you were to learn another language, which language would it be?

Ki te ako koe i tētahi reo, ka akona e koe i tēhea reo?

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Who is someone in your community that you would like to get to know better?

Ko wai mā tētahi tangata i tō hapori e hiahiatia ana te noho tahi atu?

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What's the best piece of advice that someone has given you?

He tino kōrero āwhina kua tohaina e tētahi ki a koe?

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What would be your ideal way to spend the weekend?

Whakamōhio mai te āhua o tō tīno rangi whakataa?

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What is something you do in your spare time that you really enjoy?

He aha tō tino runaruna i a koe e wātea ana?

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Mental Health Foundation meuri tū, meuri erei

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What is something you loved doing when you were little?

I a koe e tamariki ana, e ngākau nui ana koe ki te aha?

