

Cut out the cards and join the kōrero.

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Cut out the cards and join the kōrero.

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What's a nice thing
someone has done
for you lately?

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

Who is someone you'd
like to reconnect with?

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

He aha tāu mahi hei
whakatau i a koe anō?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

Where do you feel
most at home?

Kei hea tō āhuru
mōwai?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What is something
new that you have
learnt recently?

He aha rānei tētahi
mea hou kua ākona
e koe?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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?

mhaw.nz

Cut out the cards and join the kōrero.

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6–12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Cut out the cards and join the kōrero.

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

He aha tō tino mahi
kori tinana?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

Does your whānau have
any special traditions?

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What's your go-to
comfort food?

He aha ō tino kai?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

Ko wai mā tētahi o ō
kaiwhakaaweawe?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

How do you de-stress?

Me pēhea koe e
whakatau ai tō mauri?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What is something
you are grateful for?

He aha tētahi o ō
whakawhetai?

mhaw.nz

Cut out the cards and join the kōrero.

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Mental Health Awareness Week 6-12 | 20
OCT | 25

TOP
UP
together

Mental Health Foundation
mauri tu, mauri era

mhaw.nz

Cut out the cards and join the kōrero.

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

Who is someone
you are proud of?

E whakahīhi ana
koe ki a wai?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What is your
ideal way to spend
the weekend?

Whakamōhio mai
te āhua o tō tino
rangi whakataa?

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

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

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

mhaw.nz

**Mental Health
Awareness Week** 6–12 | 20
OCT | 25

What is something
you loved doing when
you were little?

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

mhaw.nz