

COLOUR ME IN & WIN!

Grab some pens, pencils,
crayons or felts to add colour to
your scene and bring it to life!



mhaw.nz
#MHAWNZ

MHAW 20
23
Mental Health
Awareness Week

Five Ways,
Five Days.

mhaw.nz
18-24 Sept

Name: _____
School: _____
Phone Number: _____
Email Address: _____
Age Range: 4-6 7-9 10-12

Rules:

- Competition open to tamariki/children aged 4-12 years
- Entries close 5pm, Monday 2 October 2023
- Winners will be notified by phone or email

Post your entries to
Mental Health Foundation,
PO Box 10051
Dominion Road, Auckland 1446

or snap a photo of your entry
and email it to:
MHAW@mentalhealth.org.nz
Subject: Colouring Competition

 **Mental Health Foundation**
OF NEW ZEALAND
mauri tu, mauri eke