

Book review



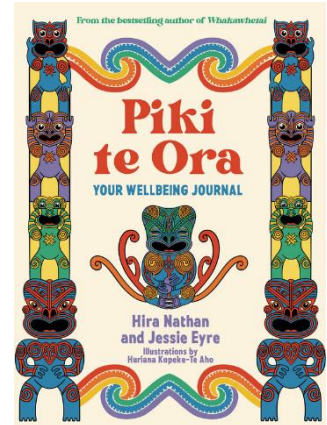
Piki te ora: Your wellbeing journal

Author: Nathan, H., & Eyre, J.

Year: 2024.

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ISBN: 9781761188930



I used this journal with my kids (aged 4,8) and it was such a good way to connect, learn more about them and boost our wellbeing as a whānau.

I loved that we could open the journal and each of the kids could pick a page, and the activity was easy for us all to complete. As a busy mum the fact that the activities were all set and had strong Māori designs/concepts made it easy to use and relatable to our whānau.

Highly recommend this journal for a busy whānau or tangata that want to take care of their wellbeing.

Review by Millie Cruickshank, Kaiwhakarite – Māori Engagement Specialist, MHF

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.