

Cut out the cards and join the kōrero.

COMMUNITY IS...

WHAT WE CREATE

together.

MHAW
Mental Health
Awareness Week

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Mental Health Awareness Week

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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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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Where do you feel most at home?

Kei hea tō āhuru mōwai?

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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 poi-poi 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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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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Does your whānau have
any special traditions?

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

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What's your go-to
comfort food?

He aha ō tino kai?

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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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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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What is something
you are grateful for?

He aha tētahi o ō
whakawhetai?

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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
you are proud of?

E whakahihī ana
koe ki a wai?

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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 hāpori 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
tino 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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What is something
you loved doing when
you were little?

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

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