

**Tear one off.
Choose an action
to help boost your
mental health and
wellbeing.**

Pānuitia

Read about a topic you're interested in

Whakawhanaungatanga

Introduce yourself to someone new

Ākonga

Learn a new Tiktok dance

Menemene atu

Give a smile to a stranger

Whakarongo

Listen to the sounds of the birds

Whakakahihiko

Exercise your mind with a panga/puzzle

Whaiwhakaaro

Let someone know you're thinking of them

Kia kaha

Go for a bush walk

Pātai atu

Ask someone how they are and really listen

Whakawhetai

Write down three things you are grateful for