

FIVE WAYS TO WELLBEING
- BUNTING

BE ACTIVE

CONNECT

ME KORI TONU

ME WHAKAWHANAUNGA

Give

Mental Health Foundation
mauri tū, mauri era OF NEW ZEALAND
www.mentalhealth.org.nz

TUKUA

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TAKE NOTICE

ME ARO TONU

KEEP LEARNING

ME AKO TONU

Cut out the bubbles. Punch holes and string together to make bunting, or pin to walls to share the Five Ways to Wellbeing at school, work or home.

Download extra bunting at mhaw.nz