

CONNECT

BEACTIVE

Give

Mental Health Foundation
mauri tū, mauri era

TAKE NOTICE

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. KEEP LEARNING ME KORI TONU

ME ARO

TUKUA

ME WHAKAWHANAUNGA

Mental Health Foundation

mauri tū, mauri era or new zealand

ME AKO TONU

Download extra bunting at mhaw.nz