

Improving your hauora



Taha Tinana Physical

- Drink some water
- Take a break after an hour of screen time
- Eat proper food and have regular meals
- Walk around your neighbourhood with whānau/the dog
- Play a musical instrument
- Do some poi or kapahaka practice
- Get outside in the sun
- Go to bed at a reasonable time

Taha Hinengaro Mental and Emotional

- Set up a routine and structure for each day
- Look at who you follow online - are they the best influence for you?
- Sing a waiata
- Do some art or craft - painting, drawing, colouring
- Write about your feelings in a journal
- Spend some quiet time in your favourite space
- Breathe!
- Think about how you're feeling and kōrero about it with someone (a friend, whānau, trusted adult, youth worker)

Taha Whānau Social

- Include your whānau in your learning - they might know some stuff!
- Make time to connect with your friends and family
- Give someone a compliment
- Have a hug - awhi it up!
- Help someone with a chore or job
- Kōrero with someone in your whānau about your whakapapa
- Make someone a kapūti (cup of tea)
- Chat to a family member about their career path or current job. Ask open questions like "What made you choose this job? What skills do you need?"
- Visit an elderly family member or have a Zoom or phone call with them

Taha Wairua Spiritual

- Practice some mindfulness activities
- Stop to notice three small things out your window
- Lie on the lawn and look at the sky
- Write down some values that are important to you
- Write a card, letter or email to someone who's made a positive difference for you. Tell them why.
- If you have a religious faith, spend some time thinking or reading about that or attend a religious event

