



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence

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TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Walk a dog	Take a photo of something pretty/unique/interesting	Bake for someone	Learn a card trick	Write a letter
Do a yoga session online	Walk in nature	Ring a friend that needs you	Learn a language using duolingo	Ring a grandparent or other whanau who needs checking on
Shoot hoops at the park	Look at old photos	Make a gift for someone working hard at the moment	Do a kahoot	Play a board game
Go for a run	Eat a piece of chocolate and notice how it feels and tastes	Send a handmade card – a grandparent, other whānau you can't see	Watch a TED talk	Check on your neighbours
Skate or scooter	Colour or paint, taking notice of your breathing	Surprise whānau by doing a job around house	Practice a musical instrument	Use social media to share a positive message
Play 4 square	Go on a virtual holiday – see National Geographic	Teach someone a skill	Check your class Teams site	Watch a movie as a family with no phones
Make up a game	Lie on the grass, look at the clouds, trees, flowers		Read a book	Play cards

Clean the car			Watch a documentary	Play a game online
Clean up your room and keep cleaning and cleaning...			Prepare for your future – Do the careers quiz https://www.careers.govt.nz/tools/careerquest/	Do a puzzle
Dance			Learn Te Reo http://www.tokureo.mori.nz/	Face to face call someone you miss
Throw a ball/frisbee			Do a sudoku, cross word, word find	
Create trick shots – kick, shoot				