

# CONNECT WITH NATURE

for good mental health and wellbeing

## WHAT TO DO:

1. Draw what you see in nature, eg, in your backyard, your local park, the beach, at school, wherever you see nature.
2. Let us know how you connect with nature.
3. Once you've finished your drawing, find this image in the picture and circle it.



## RULES

- The competition is open to children aged between 4-6, 7-9 and 10-12
- Entries close 5pm, 24 October 2016
- Winners will be notified by phone
- The winner of each age range will receive a \$50 Prezzy Card

Post your entries to Mental Health Foundation, PO Box 10051, Dominion Road, Auckland 1446, OR scan and email to [communications@mentalhealth.org.nz](mailto:communications@mentalhealth.org.nz)

Name:

.....

I connect with nature by:

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.....

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Phone number:

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(We need this to contact you if you win)

Age range:

- 4-7    7-9    10-12

MENTAL HEALTH  
AWARENESS WEEK  
10-16 October 2016

