

COLOUR, DRAW & REIMAGINE

Draw in a few of the things that help you feel good, then add colour to bring your scene to life!



mhaw.nz
#MHAWNZ

HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TAWHITI

Name: _____
School: _____
Phone Number: _____
Email Address: _____
Age Range: 4-6 7-9 10-12

Rules:

- Competition open to tamariki/children aged 4-12 years
- Entries close 5pm, Monday 5 October 2020
- Winners will be notified by phone or email

Post your entries to
Mental Health Foundation,
PO Box 10051
Dominion Road, Auckland 1446

or snap a photo of your entry
and email it to:
MHAW@mentalhealth.org.nz
Subject: Colouring Competition

 **Mental Health Foundation**
OF NEW ZEALAND
mauri tū, mauri ora