

**FIVE WAYS TO
WELLBEING
- BUNTING**

**BE
ACTIVE**

CONNECT

**ME
WHAKAWHANAUNGA**

**ME KORI
TONU**

Give

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

TUKUA

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

**TAKE
NOTICE**

**ME ARO
TONU**

**KEEP
LEARNING**

**ME AKO
TONU**

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.

Download extra bunting at mhaw.nz