



Cut out the cards and join the kōrero.

Mental Health 12-18 | 20
Awareness Week OCT | 26

BELONGING
Matters

 Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND

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What's a nice thing
someone has done
for you lately?

I ēnei rangi tata nei, he
aha tētahi mea pai kua
mahia e tētahi mōu?

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How do you keep in
touch with the people
in your life?

Ka pēhea koe e
tūhono ai ki tō whānau
me ō hoa?

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Who is someone
you'd like to
reconnect with?

Ko wai tētahi
e hiahia ana koe ki
te tūhono anō?

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What does
"belonging"
mean to you?

Ki a koe, he aha
te tikanga o te noho
whai wāhi?

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Where do you feel
most at home?

Kei hea tō āhuru
mōwai?

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What's a simple way
someone has made you
feel welcome?

He aha tētahi mahi
iti i manaaki ai tētahi
i a koe?

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What everyday
moments help you feel
connected to others?

He aha ngā wā o ia
rā e rongō ai koe i te
hononga ki ētahi atu?

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When do you feel most
like yourself?

Āhea koe tino noho ai
hei koe anō?

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What's a community,
group, or place that's
important to you?

He aha tētahi hāpori,
rōpū, wāhi rānei e whai
tikanga ana ki a koe?

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Does your whānau have
any special traditions?

He tikanga motuhake
ā tō whānau?

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What's something
people often get wrong
about you?

He aha tētahi mea e
pōhēhē ana te tangata
mōu?

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If you could live
anywhere in the world,
where would it be?

Mēnā ka taea e koe te
noho ki hea noa atu i te
ao, ka noho koe ki hea?

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Who is one person
who has had a positive
influence on you?

KKo wai tētahi tangata
kua whai pānga pai
ki a koe?

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What do you do to
manage when life gets
too busy or hectic?

Mēnā e mauri rere ana
tō ao, me pēhea koe e
whakatau ai i a koe anō?

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What's something you'd
like more time for?

Mēnā he nui ake tō wā,
he aha tāu e hiahia ana
ki te mahi?

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What's something
you're proud of that
others might not know?

He aha tētahi mea e
ngākau whakahīhī ana
koe, kāore pea ētahi atu
e mōhio ana?

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What helps you have
a great day at school
or work?

He aha ngā mea e pai
ai tō rā i te mahi,
i te kura rānei?

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What's a value that's
important to you?

He aha tētahi uara e
hira ana ki a koe?

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What's a small act that
can make someone feel
included?

He aha tētahi mahi iti
e rongoi ai te tangata
nō konei ia?

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Who is someone in your
community you would
like to know better?

Ko wai tētahi tangata i tō
hapori e hiahia ana koe
ki te mōhio pai ake?

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What's the best piece
of advice someone
has given you?

He aha te kōrero āwhina
pai rawa kua tukuna e
tētahi ki a koe?

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What is your
ideal way to spend
the weekend?

He aha tō tino
hiahia mō te noho
i ngā rā whakatā?

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What is something you
do in your spare time
that you really enjoy?

He aha tō tino
runaruna i a koe
e wātea ana?

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What's one small act
of connection you've
experienced that you'll
never forget?

He aha tētahi mahi iti nā
tētahi atu i rongoi ai koe
i te hononga, ā, e mau
tonu ana ki tō ngākau?

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