

**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