

Manu Aute Health Activity Worksheet



Reading



Having a chat with whānau



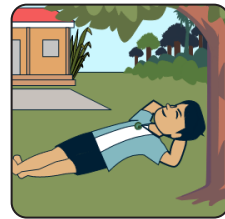
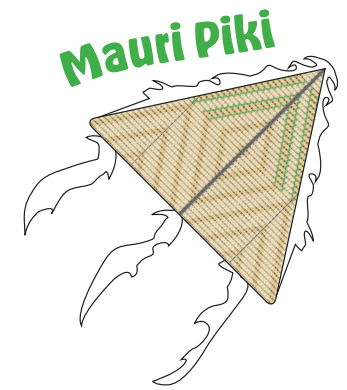
Using a fidget toy or musical instrument



Being with my friends



Drawing or crafts



Thinking about my favourite things or people



A hug from someone I love



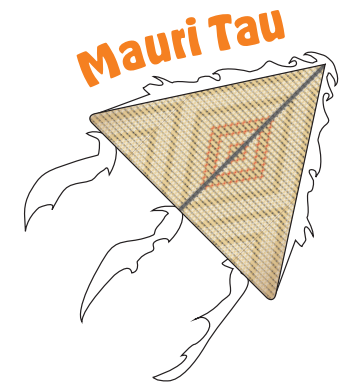
Exercise



Music



Having a wash



Having a kai



Reading with whānau



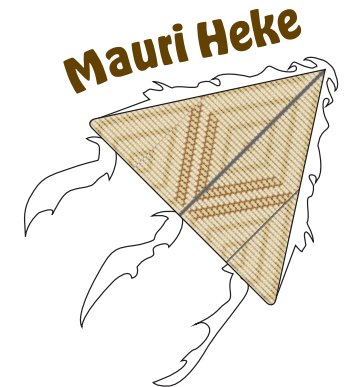
Playing outside



Singing alone or with others



Helping whānau with mahi



Instructions

- Draw lines between the activities and the three manu aute (kites).
- What activities help you whakaheke mauri (wind down/relax) to become mauri tau or mauri noho?
- What helps you whakapiki mauri (get active) so you can move to mauri oho?
- What activities do you do to shift to or feel mauri tau?