

# MENTAL HEALTH AWARENESS WEEK

27 SEPTEMBER - 3 OCTOBER 2021

# FIVE WAYS TO WELLBEING

# WHĀNAU BINGO

Complete the challenges in each box over mental health awareness week

TAKE TIME TO KŌRERO  
MĀ TE KŌRERO, KA ORA



TALK & LISTEN,  
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES, SURPRISE YOURSELF

<p><b>Ask an elder about a special memory or taonga from their childhood</b></p>	<p>Ask one of your friends if they are doing 'ok' during lockdown. Draw an emoji to show how it made you feel.</p>	<p>Create and play chatterbox in your bubbles <a href="https://mentalhealth.org.nz/resources/resource/te-whare-tapa-wha-chatterbox">https://mentalhealth.org.nz/resources/resource/te-whare-tapa-wha-chatterbox</a></p>	<p>Play board games with your whanau</p>	<p>Ask your parents or grandparents what their favourite music was when they were your age.</p>
<p>Go for a 3 km Walk or Run</p>	<p>Join in on the DLS fitness challenges</p>	<p>Stretch: Take time for a 10 minute stretch <a href="https://www.youtube.com/watch?v=Td6zFtZPkJ4">https://www.youtube.com/watch?v=Td6zFtZPkJ4</a></p>	<p>Encourage one or more of your family members to do some exercise</p>	<p>Do the Coconut jump jam with your family <a href="https://www.youtube.com/watch?v=r85Ff3qo-ll">https://www.youtube.com/watch?v=r85Ff3qo-ll</a></p>
<p><b>Make dinner for your bubble</b></p>	<p>Give 3 heartfelt compliments to people in your bubble</p>	<p>Give a family member a shoulder massage</p>	<p>Donate an item of food to a local patakai <a href="https://www.patakai.co.nz/auckland-pantries.html">https://www.patakai.co.nz/auckland-pantries.html</a></p>	<p>Do a random act of kindness for someone at home without being told. e.g. mow the lawn, make your bed, wash the car.</p>
<p>Go for a walk around your neighborhood and photograph something you haven't noticed before.</p>	<p>Write a thankyou sticky note for your whanau when they do things for you</p>	<p>Draw what you can see outside a window <a href="https://www.centerforarchitecture.org/k-12/resources/drawing-activity-looking-outside-my-window/">https://www.centerforarchitecture.org/k-12/resources/drawing-activity-looking-outside-my-window/</a></p>	<p>Make a stress ball using balloon and flour <a href="https://www.youtube.com/watch?v=Fz5iEBdJM84">https://www.youtube.com/watch?v=Fz5iEBdJM84</a></p>	<p>Make a list of all the things that you are grateful for</p>
<p>Do some baking for your family <a href="https://www.chelseaco.nz/browse-recipes/chocolate-chip-biscuits/">https://www.chelseaco.nz/browse-recipes/chocolate-chip-biscuits/</a></p>	<p>Daily 10-minute mindful meditation <a href="https://www.youtube.com/watch?v=ZT0icYcHlOU">https://www.youtube.com/watch?v=ZT0icYcHlOU</a></p>	<p>Google the history of the suburb you live in <a href="https://teara.govt.nz/en/auckland-places/page-16">https://teara.govt.nz/en/auckland-places/page-16</a></p>	<p>Bonjour, Guten tag, Kumusta, Fakaalofa lahi atu – learn a new language</p>	<p>Have a paper plane making and flying competition with your whānau.</p>



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR HOOD



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

## INSTRUCTIONS



Work your way through the bingo table with photos of you completing each challenge.

You can use your creativity if you can't capture the event with a picture—draw it, describe it, or take a photo of something that can represent the action. E.g. a picture of the elder you spoke to.

Download this PPP and add slides to record your evidence- like visual diary

Submit for finished PPP to your HR teacher

**Fitbit watches and sports gear to be won in each year level!**

- Best PPP
- Most creative Whanau
- Participation



Add slides to record your evidence- like visual diary