













Getting at least 30 minutes of physical activity, moving, and trying new ways to be active is important for your wellbeing. You don't have to be good at sports – there are heaps of ways for everyone to be active and have fun.





## Chur! I'm Clever Kahu!

I'm here to help you use your mind. I want you to do fun stuff like reading and learning new things.



Stretching your mind by doing fun things like reading, making art, playing music, learning a new language, or playing brain games like Kahoot, Cranium, or chess are great to keep the brain working.

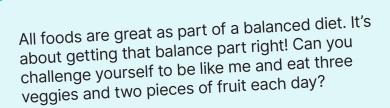






## Hi! I'm Mealtime Millie!

I want you to have three veggies and two fruit each day.







## Hiya! I'm Refreshed Rosie!

I'm here to help you recharge!

Getting 9 – 12 hours sleep each night makes everything easier the next day, especially getting up. It is best to have a set bedtime each night and get 9 – 12 hours of rest depending on your age. Your brain needs a good rest so you are ready for the day ahead.





## Hello! I'm Helpful Hemi!

I want you to help others and make the world a better place!



Helping others and making the world a better place makes you feel good. There are plenty of people you can help – at school, at home, in your whanau, or your community.

