



Kia Ora! I am Active Archie!

I want you to get in at least 30 minutes of physical activity each day.



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.

Rotary



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.

Rotary



Hi! I'm Mealtime Millie!

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



All foods are great as part of a balanced diet. It's about getting that balance part right! Can you challenge yourself to be like me and eat three veggies and two pieces of fruit each day?

Rotary



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.

Rotary



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.

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