

# There are all sorts of ways to boost your wellbeing this summer.

It's often the simple, everyday things that can bring us the most joy and create lifelong memories. This summer, why not explore all sorts of ways to boost your wellbeing, connect with the people you love, and try something new? Check out these ideas with your whānau and friends and tick them off as you go along!



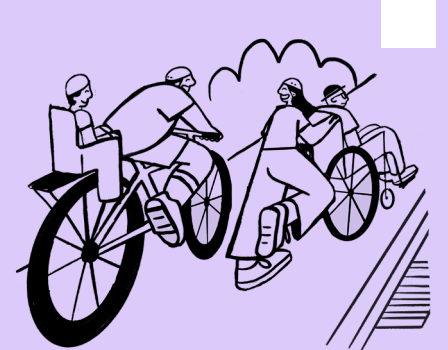
Go for a swim



Share kai



Read a new book



Go for a hīkoi/wander



Learn a new waiata/song



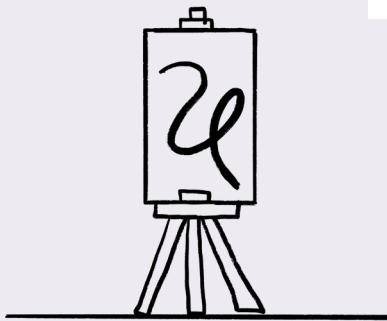
Have a picnic



Spot 5 different manu/birds



Watch the sky change



Get arty!



Play a game outdoors



Go on a backyard adventure



Spend time barefoot



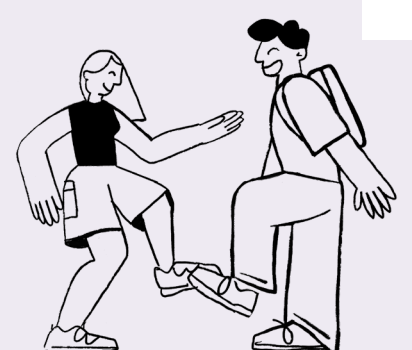
Call an old friend



Visit a river, beach or hill



Connect with whānau



Have a dance