

**PINK
SHIRT
DAY**

pinkshirtday.org.nz

Mental Health Foundation
mauri tū, mauri ēra



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Cut out the cards and join the kōrero.

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Kōrero Starter Cards

How do you show kindness to people around you?

Me pēhea koe e atawhai ai i ētahi atu?

Kōrero Starter Cards

Does your whānau have any special traditions?

He tikanga ā-whānau tāu e kawea tonutia i ēnei rangi?

Kōrero Starter Cards

What's a nice thing someone has done for you lately?

I ēnei rangi tata nei, he aha tētahi mea pai kua mahia e tētahi mōu?

Kōrero Starter Cards

What's your go-to comfort food?

He aha ō tino kai?

Kōrero Starter Cards

What helps you have a great day at school or work?

He aha ngā mea āwhina hei whakakoa i a koe i te mahi, i te kura rānei?

Kōrero Starter Cards

Who or what in your life brings you joy?

Ko wai, he aha rānei ngā mea e whakahari ai tō ao?

Kōrero Starter Cards

Where is a beautiful place near where you live?

Ko hea te wāhi ātaahua e pātata ana ki tō nohonga whare?

Kōrero Starter Cards

What is your favourite way to move your tinana/body?

He aha tō tino mahi kori tinana?

Cut out the cards and join the kōrero.

Kōrero Starter Cards

What languages are spoken amongst your whānau and friends?

He aha ngā momo reo e rere ana ki waenganui i tō whānau me ō hoa?

Kōrero Starter Cards

What would be your ideal way to spend the weekend?

He aha ō tino rangi okioki?

Kōrero Starter Cards

What is something you'd like to get better at?

He hiahia rānei tōu, kia whakapakari ake i tētahi pūkenga?

Kōrero Starter Cards

What's your favourite season? Why?

O ngā kaupeka e whā o te tau, ko tēhea tō tino wāhanga, ā, he aha ai?

Kōrero Starter Cards

What is something you are grateful for?

He aha ōu whakawhetai?

Kōrero Starter Cards

What's something that made you smile recently?

Nā te aha koe e menemene ai?

Kōrero Starter Cards

Who is someone you are proud of?

E ngākau whakahī ana koe ki a wai?

Kōrero Starter Cards

What is something people may not know about you?

He pūkenga huna ōu, kāore anō kia mōhio whānuitia?