

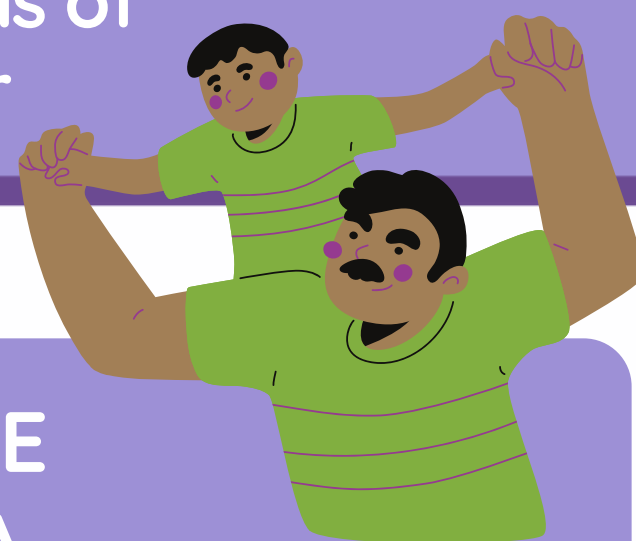
TE KOHA ITI NĀ TUKU, TE KOHA NUI NŌ WHIWHI

The small gesture of the giver is of great value to the receiver



KO TE RONGO TAKETAKE
TE KŌHANGA TANGATA

Great peace is the environment that nests humanity



Whanaungatanga

Stay connected, spend quality time together, celebrate your relationship with and for each other, do things together.

Mana Ōrite

Equity removes the illusion of discipline, power and authority within the home. Respect each other by listening carefully and speaking thoughtfully.

ISOLATION AND DISCONNECTION

WHAT'S THE PROBLEM?

- Level 4 lockdown means that many are now physically disconnected from their social networks and support systems
- Isolation and disconnection are associated with higher rates of depression, weakened immune system, heart disease, dementia and early death.

GUIDANCE & ADVICE

- Stay in contact with loved ones and people you care about
- Find time out of the house if you can, for example, a short walk in your neighborhood
- Engage in activities where you can connect with others, interactive online classes or games



HĀPAI TE HAUORA



TĀTAIHONO