

Six core Pause Breathe Smile mindfulness practices



Mindful Breathing
Tuarā-torotika Puku
Ngohengohe



Emotional Literacy
Ko Ngā Whatumanawa



Te Whare Tapa Whā



Mindful Movements
Nekehanga Whaiwāhi



Mindful Eating
Whaiwāhi-a-kai



Gratitude
Whakawhetai