

# Six core Pause Breathe Smile mindfulness practices



Mindful Breathing  
Tuarā-torotika Puku  
Nghengohe



Emotional Literacy  
Ko Ngā Whatumanawa



Te Whare Tapa Whā



Mindful Movements  
Nekehanga Whaiwāhi



Mindful Eating  
Whaiwāhi-a-kai



Gratitude  
Whakawhetai



Brought to schools  
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