

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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