

# How nature nurtures wellbeing.

Bringing nature into your everyday life is one of the best ways you can improve your physical and mental wellbeing.

## Connect *Me whakawhanaunga*

Humans are social creatures, it's no wonder that we need to connect with others to feel happy and secure!

There's no better way to connect with your whānau than in the great outdoors.



## Give *Tukua*

Give your time, skills and resources to help Papatūānuku (earth mother) thrive. Research shows that helping others, no matter how small, make us feel happier.

You can be a kaitiaki for the environment by giving back to nature. Find out how you can help native species right in your back yard.

Can you create a lizard home in your garden?





## Get Active *Me kori tonu*

Whether you're hopping, walking or even having a little kanikani (dance), exercise helps to increase mental alertness, energy and positive mood.

Feel the wind on your face and grass under your feet as you explore your neighbourhood – it's koanga (spring) after all. When you're out getting active, whether it's running or a little yoga – remember, it all counts.



## Keep Learning *Me ako tonu*

Learn the basics of te reo Māori to help you connect with the whenua we all call home.

Discover te taiao (the natural environment) by downloading **Kupu**, an app that helps add more te reo Māori to your kete of knowledge. See if you can find the kupu for branch, tree, bird and other parts of nature around you.



## Take Notice *Me aro tonu*

Sometimes, living in cities and suburbs make spotting wildlife hard – but if you pause and pay attention, you might see something quite remarkable.

Take notice of the world around you. Uncover the wild in your backyard and the putiputi (flowers) blooming!



# Go wild for wellbeing.

Whether you're lending a helping hand or just watching the world around you, there's a lot you can do to stay happy and healthy. Here are a bunch of activities for you and the whole whānau to enjoy.

## Connect Me whakawhanaunga

- Enjoy a sunset with your loved ones
- Check out the whetū (stars) at night
- Lie down and share what shapes you can see in the iorangi (clouds)
- Share kai in an outdoor space with your whānau

## Get Active Me kori tonu

- Discover new green places close to home for your hikoī.
- Try out some animal yoga with our Conservation Learning Facilitators.
- Get your hands dirty with a little gardening. You could plant some flowers or try and grow some vegetables!

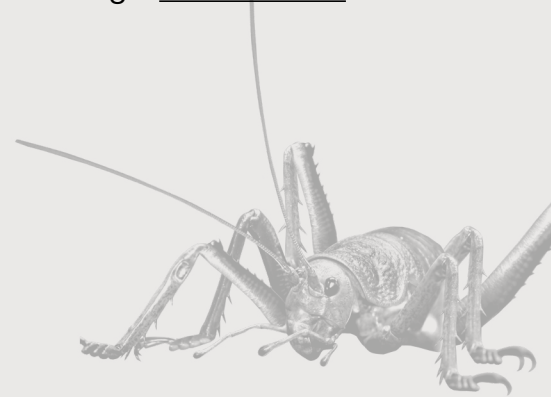
## Take Notice Me aro tonu

- Snap a picture of the world around you and share it with us – use our #winwithaucklandzoo hashtag to go in the draw to win a cool prize.
- What plants do you see?  
Pōhutukawa, harakeke, kōwhai...
- Can you see tiny critters crawling or flying about?  
Crickets, worms, skinks, butterflies, bees...

## Give Tukua

Help native species by:

- Building a wētā hotel
- Making a nectar feeder
- Creating a lizard whare



## Keep Learning Me ako tonu

- Download the Kupu app.
- Learn 1 kupu a day relating to your backyard or local green space.
- Grass
- Tree
- Sky
- Leaf
- Cloud
- Bird
- Flower
- Insect