

# Unu Ora

*Aroha and whānau play such a large role in our lives. Let us contemplate and consider their contribution to our hauora.*

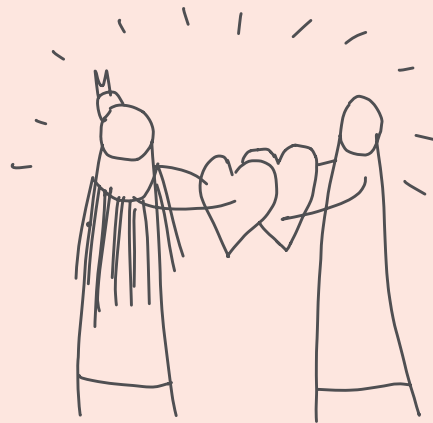


## **Whakataukī:**

*Aroha mai, aroha atu.*

Love received demands love returned.

Love others and love will come back to you.



## **Karawhiua:**

*Record daily how you contributed or gave aroha to your whānau, to your mahi, to yourself. Record how that aroha, that love has been reciprocated.*

## **Whakataukī**

*a significant saying, an inspirational statement, quote, and proverb, that is emotive. Often said by a person we admire and consider wise.*



## **Rongoā:**

Enjoy a shared kai at mahi or with your whānau. Bring or cook your winter dish, that warms your heart and soul and fills your puku.

