



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHURU O TE MĀTAURANGA



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHURU O TE MĀTAURANGA



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHURU O TE MĀTAURANGA



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHURU O TE MĀTAURANGA



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA



Sharing how you feel can feel better.

Talk with your teacher, a trusted adult or
counsellor at school.

Awhi
Mai

Awhi
Atu



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

▲▲▲
MINISTRY OF EDUCATION
TE TĀHURU O TE MĀTAURANGA