

The Six Favourite F-Words for Childhood Development



Tākarokaro: Fun

Life is about having fun. Please help me do the activities that I find most fun.



Whānau: Family

My family knows me best and I trust them.
Listen to them. Talk to them. Hear them. Respect them.



Hauora: Fitness

Everyone needs to stay fit and healthy, both physically and mentally. Help me find ways to keep fit.



Whakahoahoa: Friends

Having friends is important to me. Please give me opportunities to connect and make friends.



Mahi: Function

I might do things differently at home or at school and how I do it is not important.
Help me try.



Ā Mua atu: Future

I am growing up every day, so please find ways for me to participate and be included in my community.