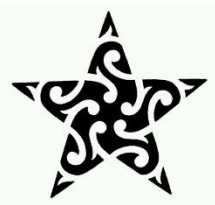




Grateful

Something that I am, or was grateful for.

whakawhetai



Proud (of me)

Something I did that I was proud of myself for.

whakahi



Proud (of others)

Something that someone else did that I was proud of them for doing.

hakahī



Happy (to me)

Something that someone did to make me happy/smile/laugh.

harikoa



Happy (by me)

Something that I did to make someone else happy/smile/laugh.

harikoa



Resilience

A situation that didn't work out but you bounced back from (you stayed positive).

aumangea

Persevere/Persistent

Something you stuck with even though you wanted to give up.



manawanui



R_{andom} . A_{cts} . of K_{indness}



You did something for an adult or child WITHOUT having to be asked.

mākoha



Achievement

A personal achievement, something you have got better at today.

whakatutuki



Unseen or Small

Something someone did that was small/unseen by most people, but something you noticed.

tē kitea



Teamwork

Something I did well by being an active member of a team.

mahi tahi



Independence

Something I did well independently (on my own/by myself).

tūhāhā



Respect

Something I did which showed respect either to people or property.

whakaute

Sympathy / Empathy

To show love and feel concern about someone / understand what has happened to someone.



Aroha

Family/Togetherness

Something that you did today that made you or someone else feel part of a family.



whanaungatanga

Integrity

To continue to be the very best you can be, (honest, sincere, dependable, fair, decent).



ngākau pono