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Play the floor is lava	Run around outside	Spot spring things	Skip for a bit	Read an extra book	Look at the sky
Reflect on your strengths	Name 3 things you're grateful for	Jump around a bit	Spend time outside	Give an unexpected compliment	Look for good things
Kōrero about someone you love	Share childhood stories	Name the best part of your days	Make a hut (inside or out)	Plan your holidays	Read an extra book
Give an unexpected compliment	Check out the night sky	Practice puku breating	Organise a play date	Head to the playground	Cook together
Do a puzzle	Pick a flower	Look for green things	Play hide and seek	Dance for a bit	Visit someone