


Wellbeing with WeConnect

We've put together experiences from all over NZ to inspire you to explore what's in your backyard and beyond!
Find out more from <https://weconnect.nz/> which showcases hundreds of activities, experiences, outings, learning opportunities, breaks, and ways and places to make new friends.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Take stock. Write down 3 things you are proud of having achieved	2 Auckland. Māpura Studios is an inclusive, creative space https://bit.ly/3FSGoJd	3 Dunedin. Relax in the tranquility of this Chinese Garden https://bit.ly/3USZB15	4 Check in with a friend who may be feeling worried or anxious 	5 Christchurch to Greymouth. Breathtaking views from the comfort of the TranzAlpine Train https://bit.ly/3j6v4Ae	6 Kawarau. Adrenalin buzz on the Zipride https://bit.ly/3BBDyGf
7 Try something new that is out of your comfort zone	8 Palmerston North. Body positivity in a safe space with the Ballet School Dropouts https://bit.ly/3j471B1	9 Wellington. Make your own pair of shoes! https://bit.ly/3uPZRnx	10 Take a moment for a few deep breaths	11 Hokitika. Treetop Adventures! https://bit.ly/3HDCs0s	12 Kaikoura. Escape rooms, mini golf, and board games all in one bar https://bit.ly/3FuEbT4	13 Give yourself a hug. It may sound silly, but it works!
14 Pukeatua. Forest immersion in Sanctuary Mountain Maungatautari https://bit.ly/3WkNawR	15 Queenstown. Accessible and inclusive indoor skydiving https://bit.ly/3WfC8cR	16 No plans day	17 Queenstown. Raft the Shotover River https://bit.ly/3hsWKPU	18 Auckland. Try some pottery https://bit.ly/3V1LPtP	19 Have a cuppa 	20 SuperGrans run services sharing home skills in various places around NZ https://bit.ly/3FT9ult
21 Online. Cook plant-based recipes alongside Two Raw Sisters in an online workshop https://bit.ly/3PsZyZo	22 Self-soothe. Grab a favourite treat, curl up on the couch and comfort watch a few faves 	23 Christchurch. Craft Without Borders https://bit.ly/3PqDdMc	24 Whangārei. Enrol in a community education class https://bit.ly/3UU0Fmd	25 Christchurch. Climbing, fitness and yoga at Uprising https://bit.ly/3FSUp9L	26 Write down 3 things you would like to do or achieve	27 Auckland to Wellington. Go the scenic route on the Northern Explorer Train https://bit.ly/3FtDPvN
28 A reminder: you're doing your best	29 Canterbury. Popular trail for hiking, mountain biking and trail running https://bit.ly/3WBAG4j	30 Self-appreciation. Write down what you like about yourself	31	Carers NZ To learn more or to join our network visit www.carers.net.nz 0800 777 797 centre@carers.net.nz https://www.facebook.com/CarersNZ		