

**KEEP  
LEARNING  
ME AKO  
TONU**



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# **Whāia te mātauranga hei oranga mō koutou**

*Seek after learning for the  
sake of your wellbeing*

For more information about MHAW, check out Pūtahi Hauora,  
the Defence Health Website, [www.health.nzdf.mil.nz/your-health/mind/mhaw](http://www.health.nzdf.mil.nz/your-health/mind/mhaw)

# KEEP LEARNING ME AKO TONU



Being curious and seeking out new experiences positively stimulates the brain.

## ★ **Challenge of the day:**

**Do some puzzles:** Crosswords, sudoku, riddles are all great ways to exercise the mind.

**Learn Te Reo Māori:** Enrol in a class or check out resources on Te Waharoa. Put up post-it notes of kupu hou/new words around your whare/house or tari/office to help you learn.

**Try out a new recipe:** Look up a new recipe and have a go at making it. Get your mates or whānau over to enjoy your creation.

**Learn something new about your hometown or local area:** talk to your whānau and neighbours, check out local history societies, pukapuka/books or do an online rangahau/search.

**Join a class or group:** learn an instrument, join a book club or put on your dancing shoes and learn some new moves.

## **How you will keep learning today and beyond?**

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