

Red Youth: New Zealand Red Cross, Christchurch

Baking with my friends. **Natalie (15)**. Power walking while listening to music. **Jade (15)**. Playing my guitar and spending time with friends. **Courtney (16)**. Dancing to favourite music, laughing and having fun. **Hannah (16)**. Running or doing something active and listening to music. **Rachel (15)**. Playing guitar and piano, just listening to music. **Caitlin (15)**. Eating and Sleeping. **Mica-Paris (17)**. **GETTING A BIG HUG. STANLEY (16)**. Eat some chocolate. **Bridgette (17)**. Going running. **Brittany (16)**. Positive people and doing things that make you happy. **Tash (16)**. Getting outside for some good old vitamin D. **Bex (16)**. Lying in the sun listening to music. **Sammy (16)**. After a few laughs, life just feels better. **Alex (16)**. Playing football and chilling with my mates. **Will (16)**. Cooking, Hugs. **Angus (17)**.

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

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