

Staff: South New Brighton School, Christchurch

Kindness and consideration from friends/colleagues. Kurt. Playing my favourite music. Shirley. Feeling good thoughts. Lynette. Smiles, keeping fit, wine, music. Kim. Spending quality time with friends and whanau. Sartia. Acts of kindness, consideration or thoughtfulness. Karen. Walking in the bush with my dogs. sandra. Running or playing with my dogs. joan. The relaxing moment after accomplishing something. Hannah. The ocean and the beach. Julie. Balance in life. Sue. Knowing i have support from family, friends and colleagues. Lynne.

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

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