

I am proud to be me.

I know I am important.

I don't have to be perfect to matter.



Even when I make a mistake, I'm still valuable.

I am a good kid.

No-one can take away my value.

I can be myself.

I don't have to compare myself to the people around me.

I am happy to be me.

He mana tõu nõ whakapata.







means:

We can do more when we work together.

Everyone gets a time to shine.

Everyone is part of what we're doing.

We are a team.

When you win, I win.

I can help other people and other people can help me.

I have people I can rely on and other people can rely on me.

We all belong.

Ki te kāpuia e kore e whati.







Every person is important.

Every person is valuable.

Every person matters.

I can show people that they are valuable.





I can be a welcomer.

I can be an includer.

Because people are valuable, I will treat them with respect.

He aha te mea nui o te ao? He tangata.



