

# Use culturally sustaining approaches

Ngā Aronga e Ono, or Six Directions, is a Pause, Breathe, Smile resource that helps us to connect with space in all directions: to the right, left, forwards, backwards, upwards, and downwards.



Video hosted on Youtube <http://youtu.be/9DhvZ4RrU6c>

Closed Captions

**Source:**

[Pause, Breathe, Smile](https://pausebreathesmile.nz/free-resources/)

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