

Activity ideas

Healthy eating

Plan a **heart day menu** together. Think about the different **healthy food groups** to include.

Use our **Toi Te Kupu resource** to learn the names of different fruit and vegetables in Te Reo

Design a set of **table placemats** using pictures of your favourite healthy foods and photos of each child. Laminate them if you can.

Learn about the heart. What does it do? How can we look after it?

Make a giant **heart mural** out of pictures of healthy food.

Visit a local **fruit and vegetable shop**. How many can you name? What different colours do you see?

Discover different healthy foods from **around the world**.

Invite a parent along to share their **gardening skills**.

Physical activity

Laminate pictures of food and set-up an **'everyday'** and **'sometimes'** basket. Children run and place the picture in the correct basket.

Get Jumping! Draw a heart-shaped hopscotch on concrete or use long ropes to jump over the wiggly snake!

Read a story together then **act out the movements** from the book. Crawling through a tunnel, climbing a mountain, digging a hole.

Hold a heart day **dance party** at mat time with all your favourite tunes. Add ribbons or scarves for extra creativity.

Invite a parent along to take a fun exercise session. It might be rugby skills, yoga, basketball..

Recipes

Fruity yoghurt cups

Kumara wedges with
salsa

Banana cauliflower
smoothie



Onion dip with
veggie sticks



Tuna and corn wraps

Banana oat cookies

Events

Combine heart day with **wheels day**. Decorate your wheels in red streamers and ribbons.

Plan a **healthy breakfast** and fitness morning with whānau. Get those hearts pumping.

Run a competition - who can make the most creative cake entirely out of **fresh fruit and veggies?!**

Organise a **garden festival** and invite whānau. Plant seedlings, dance to music outside, cook and eat food from your garden.

Hold a **walk-a-thon** around your local community. Dress up in red and stand-out.

Practice a cultural **dance performance** and perform for whānau. Make a healthy take on a traditional recipe, see our **Pasifika flavours recipe book**

Hold a sports day at your **local park** with games for everyone- sack races, duck duck goose, egg and spoon.

Set up an **amazing race** in your local neighbourhood. Each activity completed leads to the next clue.