

Get active with whānau this summer



Being physically active is good for our mood, overall health and can provide hours of fun. Summer is a great time to be active together as whānau. Here are some fun physical activity ideas to fill in the summer holidays:

- Collect shells or driftwood at the beach.
- Play nature bingo – create a list of things to find and whoever finds them all first wins!
- Explore somewhere new.
- Have a concert or dance party in the backyard.
- Try a game of backyard cricket or touch rugby.
- Challenge some friends to a game of ultimate frisbee.
- Look out for free local activities which provide opportunities to be active.

