

Forget the Bling, Do the Whanau Thing!

TALENT/WHANAU SHOW

It's time to shine....invite friends and family for this one. Recreate a game show from TV or make up your show. Let your imagination go!



SHARING AND HARVESTING:

Get to know where fruit trees and other harvestable plants are growing in your neighbourhood and swap your produce with their excess. Perhaps you could use the fruit to preserve and give them a jar in return.

Use local resources so nothing goes to waste and share with your community.

THE GREAT WHĀNAU HIKOI:

Go for a walk around your community with a cricket bat and ball to gather others for a game of bat down at your local park or school. Make it a regular event to gather others and try out different activities. *This is a great way to get to know your neighbours.*



FIT & FUN – BACKYARD STYLES:

Set up a game of volleyball, tennis, cricket or softball. It's a fun way to get physical activity into your day and can also be a good way to encourage participation. Get some friends or uncles and aunties involved too.

Encourage your child to play outside at most days.

MAKE YOUR OWN CHRISTMAS DECORATIONS:

Ask in the local library for books on making your own Christmas decorations. Most of them need paper, pens, scissors & some glitter from the \$2 shop to make your decorations look beautiful. Also what about decorating your tree with popcorn garlands instead of tinsel?

PIMP THE WHARE:

Time for a team effort to get those "fix it" jobs happen! Many hands make light work and it's a great way to teach children how to use tools whilst being supervised.

Make your children able to look after their own whare by giving them practical skills.

GARDENING EXPERIENCE:

Why not plant a tree or make a garden. You could use a pot plant or old washer from a recycle centre. Plant things that children love to eat and pick like strawberries and peas.

This is a great time to get outside and learn about our environment.

STORY TELLING TIME:

Share funny stories or tales of old times. Make up your own stories or take turns at adding a few lines each and make up your own. Bring out some books you haven't read for ages or maybe even family photo albums.

Be open to learning from your child. Show you are willing to really listen.

EXPLORE YOUR OWN BACKYARD:

Take time out to explore and take your kids into the hills, parks, beach, bush and rivers. Pack some sandwiches, snacks and drinks as you don't know what you will find. What about building your own raft or getting a tyre tube and float down the river or rock hopping?



BIG CAKE BAKE OFF:

Baking can be heaps of fun. You could bake for family and friends. It's a great skill for children to have and can become very creative fun – especially the icing part. A great treat for young and old.

Try to eat together as often as you can. It's a great time to talk and share stories.

WHĀNAU BIG DAY OUT:

Pack up a picnic and head to a nearby park, lake or river. Take water and sunscreen and some healthy snacks. Use frozen bottles of water to keep food cool. Take a soccer or rugby ball too.

Ka Pai Te Wai!

BOARD'EM BUSTER NIGHT:

Play a board game with the family, find old games at recycle centres or ask Kaumātua to teach games they used to play.

This could become a regular thing with a whole lot of family and friends.

