

WELLBEING bingo

Move More!
Feel Great!

active
CANTERBURY

5 rows! 5 weeks! 5 prize draws!



family card

Complete 5 activities in a row between
1 August & 4 September 2022 to be in TO WIN!*

The more lines you complete, the more chances!

Whānau (Family) :

Phone:

Email:

Which district do you live in? Christchurch Selwyn Waimakariri

*Ts & Cs apply. See www.activecanterbury.org.nz/being-active/wellbeing-bingo for full details.

1

Climb a really big pukepuke (hill)
OR do something that makes you 'huff and puff'.

Create a big pōhutu (splash).
Check out the manu pool at Te Pou Toetoe!

Play an active game that involves all ages such as Kilikiti, touch or softball.

YOUR CHOICE
Kōwhiri

See a whitinga o te rā (sunrise) over the water or from a hilltop.

2

Explore on wheels (bike, scooter etc)
OR catch the pahi (bus) to a place of interest.

Find a fairy house
OR build an insect house for your garden.

Explore a papa rēhia (park) you've never visited before.

Plan a night walk and see if you can spot the Matariki star cluster.

YOUR CHOICE
Kōwhiri

3

Wash the motukā (car) by hand (who will start the water fight?)

Play a pōro (ball) game in the backyard that includes throwing and catching.

YOUR CHOICE
Kōwhiri

Family Hari (Dance) Off! Kids vs Adults! Who's got the best moves?

Plan a mahi mātātoa (an adventure) outdoors with another family.

4

YOUR CHOICE
Kōwhiri

Plant seedlings! Cabbage, cauliflower, lettuce and broccoli are great choices.

Complete a Kiwi Guardians walk OR play an epic game of hide and seek.

Build an outside fort using things around home like old branches, boxes & blankets.

Do a tuihono (online) exercise class together. Check out Island Dance Beats with Suli!

5

Do something in or near wai (water). You could paddle, swim, soak or simply enjoy being in nature.

YOUR CHOICE
Kōwhiri

Create a painted kōhatu (stone) to decorate your garden or give to a friend.

Explore a local ngahere (forest) and listen for bird song. How many can you hear?

Play Pani OR another active game of your choice.

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How To Play



1. Fill in your contact details*

*Details are for the purpose of contact for prize entry, follow up and are held privately by Active Canterbury.

2. Select a row of 5 activities to complete from the 5 options

3. Tick the box when you've completed the activity (you can do the activities in the row in any order)

4. Complete all the activities in the row

5. Take a photo of your card and email it to: news@activecanterbury.org.nz or send it via Facebook messenger to (@WellbeingBingo) or Instagram (@wellbeingbingo)

Prize Information*

*Terms and conditions apply - visit the Active Canterbury website for more information.

There will be a prize draw each week.

Giveaway prizes include Gym Vouchers, Free Classes, Pool Passes,
Outdoor Experiences, Sports Gear, and More!

The prize draw cut off dates are: Sunday 7, 14, 21, 28 August, 4 September by 5pm.

All correctly completed entries submitted by these dates will go into the weekly prize draw.

IMPORTANT: Only ONE completed row can be submitted per week.

Participants must reside in the Christchurch, Selwyn or Waimakariri districts to be eligible.

All correct entries (with at least one row completed) submitted over the 5 weeks will go into a final prize draw that will take place on Monday 5 September. Winners will be notified via phone and email.



For YOUR CHOICE boxes, you can choose any activity you like. It could be going for a walk, practicing some kapa haka, having a swim, doing some energetic house work, playing a traditional game or visiting a park. The only requirements are that you have to do the activity for least 30 minutes and the whole Whānau must participate.

For activity ideas, game instructions, ideas on places to visit and links to outdoors spaces, playgrounds, maps, resources and more, visit the Active Canterbury website www.activecanterbury.org.nz

Mauri tū mauri ora *An active soul is a healthy soul*

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE.
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

Supporters & Partners

This initiative was developed by the Active Canterbury Network - a coalition of local organisations that promote physical activity and support Cantabrians to lead active lives.

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The Network is grateful for the giveaways and prizes received from the following organisations:

Christchurch
City Council

WAIMAKARIRI
DISTRICT COUNCIL

Selwyn
DISTRICT COUNCIL

sport
canterbury



North Canterbury
SPORT & RECREATION TRUST

Pegasus

HE WAKA TAPU

Me mahi tahi tōtou mo te oranga o te whānau

