

Family/Whānau Card – Activity Ideas



Row 1

Climb a really big pukepuke (hill)	The Port Hills are a great place to start. Try the Rapaki track, Bridle Path or visit Victoria Park. There are plenty of good options in Selwyn and Waimakariri. Find out about local walking tracks and routes.
Do something that makes you 'huff and puff'	Jogging or running, swimming lengths, playing tennis, playing basketball or football, skipping with a rope, star jumps, climbing stairs, dancing enthusiastically to music, doing housework such as washing windows or floors, or vacuuming. Walking up outdoor steps (To Be Personal Training) More easy ways to move more.
Create a big pōhutu (splash)	Swimming pools in Christchurch. Beaches in and around Christchurch (Christchurch NZ). Ōtākaro/Avon River (Christchurch City Council). Aquatic facilities in Rolleston (Selwyn District City Council). Swimming pools in Selwyn. Beaches and the estuary in the Waimakariri. Aquatic facilities in the Waimakariri.
Play an active game that involves all ages	Active Games for the Whole Family (My Food Diary). Ngā Taonga Tākaro/ Traditional Māori Games. Traditional Pasifika games – Search for games (Coconet).
See a whitinga o te rā (sunrise) over the water or from a hilltop	Amazing spots to watch the sunrise in Christchurch.

Row 2

Explore on wheels (bike, scooter etc)	Cycling Tracks and Routes. Top 5 scooter and bike parks for kids (Christchurch NZ).
Catch the pahi (bus) to a place of interest	Metro fares are now 50% off. Maps and timetables.
Find a fairy house	McHugh's Forest in Darfield (Backyard Travel Family). Christchurch Adventure Park. Bottle Lake Forest (Backyard Travel Family).
Build an insect house for your garden	Make a bug hotel (Kiwi Families). How to make a bug hotel (Bunnings).
Explore a papa rēhia (park or recreation area) you've never visited before	Parks, Playgrounds and Sports Fields.
Plan a night walk and see if you can spot the Matariki star cluster	How to find Matariki (Te Ara).

Row 3

Wash the motukā (car) by hand	Water, sponges, soap – all set! Who will start the water fight?
Play a pōro (ball) game in your backyard that includes throwing and catching	Softball, cricket, touch, basketball, netball.... the options are endless!
Have a family hari (dance) off!	Put on your favourite playlist! Set a timer... who's got the best moves?

Plan a mahi mātātoa (an adventure) outdoors with another family	Outdoor Activity Guides (Mountain Safety Council).
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Row 4

Plant seedlings! Cabbage, cauliflower, lettuce and broccoli are good choices	How to plant a seedling (YouTube video) You can buy seedlings at places like the Warehouse, Mitre 10 etc. Average price \$3.95 for 6 seedlings.
Complete a Kiwi Guardians walk	Kiwi Guardians walks (Department of Conservation).
Play an epic game of hide and seek	15 Hide and Seek Variations (Early Impact).
Build an outside fort using things around home like old branches, boxes and blankets	Fort building ideas (Healthy Kids). 7 Fort ideas (Backyard Kids).
Do a tuihono (online) exercise class together	Join Suli and The Team for Island Dance Beats! (Tangata Atumotu Trust). Do a class with the Exercise as Medicine team. Try a LES MILLS class on TVNZ – you will need to create an account. Check out the Sport & Rec Guide to find other online activity providers.

Row 5

Do something in or near wai (water)	Swimming pools in Christchurch (Christchurch City Council). Beaches in and around Christchurch (Christchurch NZ). Ōtākaro/Avon River (Christchurch City Council). Aquatic facilities in Rolleston (Selwyn District Council). Swimming pools in Selwyn. Beaches and the estuary in the Waimakariri. Aquatic facilities in the Waimakariri.
Create a painted kōhatu (stone) to decorate your garden or give to a friend	Create a painted kōhatu – search for Kōanga (All Right?).
Explore a local ngahere (forest) and listen for bird song	Hanmer Forest Park (Department of Conservation). Bottle Lake Forest (Christchurch City Council). McHugh's Forest Park (Selwyn Connect). McLeans Forest (Environment Canterbury). Foothills forests such as Oxford, Glentui, Mt Thomas and Mt Grey/Maukatere (Department of Conservation).
Play Pani (also called Tin Paani) <ul style="list-style-type: none"> You will need a ball and ten tin cans. Divide the players into two teams and stack the tin cans between the two groups. 	The captain of the first team tries three times to knock down all the cans by throwing the ball. If he cannot do so, the other team is then given three turns. If one captain knocks the cans down, the other team tries to stack them back up while the first team members keep trying to knock them down. After the cans are stacked up again, a new game starts. The second team counts quickly to ten and then tries to knock the cans down with the ball. If a player is hit with the ball, he is out of the game.
Play an active game of your choice	There are lots of different games you can try like relay races or tag games. Check out these websites for more ideas: Games and Activities (Healthy Kids). Games to play with your family (Wales 247). Ngā Taonga Tākaro/ Traditional Māori Games. Traditional Pasifika games – search for games (Coconet).