

20 Ways to tākaro these school holidays

- 1 Write a letter to a friend or whānau member
- 2 Play a boardgame or even try making one
- 3 3. Kick a ball around
- 4 Read pukapuka or tell pūrākau
- 5 Waiata
- 6 Kanikani
- 7 Find shapes in the clouds
- 8 Make and share kai
- 9 Draw or paint a picture
- 10 Play hand or string games
- 11 Climb a rākau
- 12 Head out for a hikoi as whānau around the neighbourhood or nearby
- 13 Sit or play with your pet
- 14 Play dress up's using whānau clothes
- 15 Do a puzzle, or make one (draw a picture, then cut it up)
- 16 Take some time for a bit of mindful coloring
- 17 Play with some chalk, make a hopscotch
- 18 Play some hide-and-peek
- 19 Try and spot some manu or ngārara
- 20 Practice puku breathing

