

# MOVE IT!

Children deserve the opportunity to be healthy and successful.  
Healthy eating and regular physical activity improves  
co-ordination, mood and help students learn better.

## Taha Tinana – Physical Wellbeing & Health

- Be active with friends. We are more likely to keep active if it's fun and have people to enjoy it with.
- Take the opportunity to walk to school, to visit friends, to shops, or other places in your neighbourhood.
- Try to limit screentime - TV, computers, tablets and phones, especially during the day and on weekends.
- Encourage and support younger brothers and sisters to be active. Try a new sport or go back to one you have played before.
- Take a class to learn a new skill such as yoga, kickboxing, dancing or diving.
- Put on some music and dance.



### USEFUL LINKS

- **Ministry of Health** - [www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity)
- **Te Kete Ipurangi** - [www.health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Underlying-concepts/Well-being-hauora](http://www.health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Underlying-concepts/Well-being-hauora)
- **My Family Kiwi** – this website has practical ideas that you could use and also share with whānau in ECE and school newsletters or FB pages - [www.healthykids.org.nz/](http://www.healthykids.org.nz/)
- **WAVE South Canterbury** - [www.wavesouthcanterbury.co.nz/health-priority-areas/physical-activity/](http://www.wavesouthcanterbury.co.nz/health-priority-areas/physical-activity/)
- **WAVE Resource Centre** - [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)
- **Professional Development Opportunity** - [www.wavesouthcanterbury.co.nz/news/professional-development/Physical-development-workshop](http://www.wavesouthcanterbury.co.nz/news/professional-development/Physical-development-workshop)

