

Using the Environment in Active Movement

An activity guide for under-fives

? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





? Why is using the environment important?

- 😊 Being active outside adds oxygen and endorphins to the blood and these help develop happy, bright and cheery children!

? What do I need to know before I start?

- 😊 All activities are for boys **and** girls.
- 😊 It is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- 😊 Remember, when children are active, stay around them to **keep them safe.**

Activities for Newborns and Infants

He ngohe mā ngā Pēpi



These activities can also be done with toddlers and young children.

I learn about the environment and my body by watching and touching things outside.





- ▶ At sleep time, take the pram out to the garden under a tree so when he wakes he can watch the leaves.



- ▶ Lie under a tree on the grass and touch her feet, hands and anything else that is bare with sticks, leaves and long pieces of grass.



- ▶ Sit in the sandpit or the garden and sprinkle sand or dirt over his feet and hands.

More activities you can do with your newborn and infant, next page ▶

More things to do with newborns and infants

- ▶ Allow her to crawl with bare feet and legs on the grass.



- ▶ Let him crawl up and down small hills.

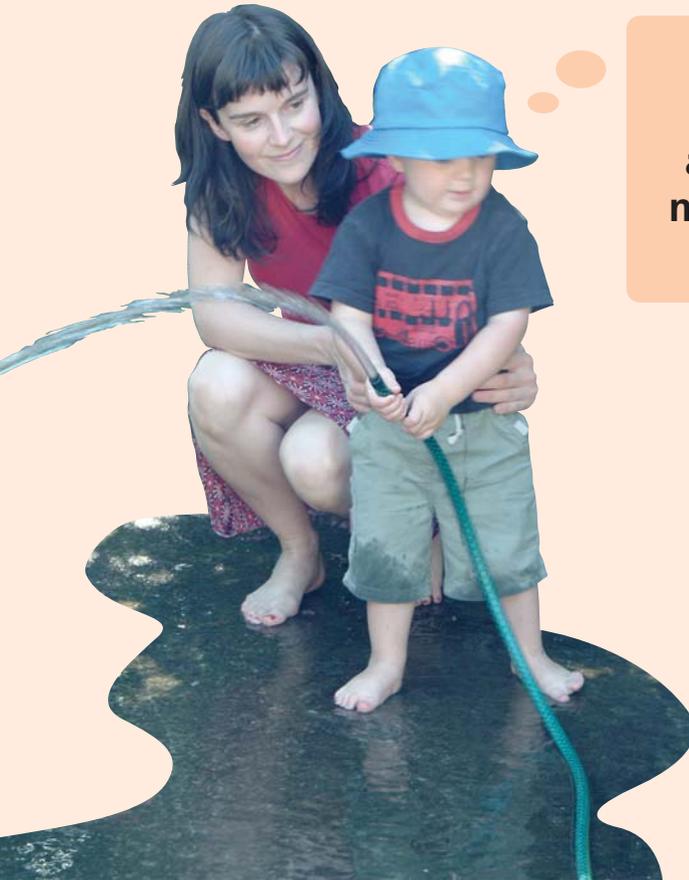


Activities for Toddlers

He ngohe mā ngā Tamariki Nohinohi



These activities can also be done with young children.



**I learn to enjoy
being outdoors
and challenging
myself to try new
things.**

- ▶ Every day, walk somewhere to feed the birds or ducks or make a simple bird feeder in your garden.



- ▶ Walk to the top of a small hill then either run (carefully) or roll to the bottom.

- ▶ Splash and jump in puddles.



More activities you can do with your toddler, next page ▶

More activities you can do with toddlers

▶ Collect hail or snow in a bucket.

▶ Go to the beach and jump over the waves.



▶ Run under the hose on a hot day.

▶ Go on a nature walk and collect things you find.



Activities for Young Children

He ngohe mā ngā Kōhungahunga



These activities can also be done with toddlers.

**I learn all sorts of
new skills by doing
outdoor activities.**





- ▶ Let him grow his own vegetable or flower garden.



- ▶ Jump over or on the cracks in the footpath.

- ▶ Swing on the bars at the park.

- ▶ Climb up a hill and run down.

- ▶ Go on a biking adventure and collect things to make a collage picture.

More activities you can do with your young child, next page 

More activities to do with young children

- ▶ Drop sticks into a river and run to see whose stick gets to the magic mark first. Do this with an adult present.



- ▶ Play hide and seek.

- ▶ In the autumn, go into the garden or to the park and kick the leaves.





? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.sparc.org.nz