

**active
movement**

Korīnga Hihiko

Using the Environment in Active Movement

An activity guide for under-fives

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Sport & Recreation New Zealand



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.



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 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.



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 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.



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 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.

