

Winter warmers

Ideas for indoor active play

Winter days can mean more indoor whānau time, but that doesn't have to mean a less active day.

Sitting less and moving more is critical for a child's wellbeing, growth and development. For these reasons, it's vital for tamariki to have plenty of opportunities for active play and movement every day.

Even screen time can help to keep your tamariki moving. Physical activity (or movement) is more fun for tamariki as part of a game or activity. Here are some active screen time ideas which will build more movement into your day. For your tamariki to enjoy alone, with siblings or with the whole whānau.

Yoga and mindfulness

- ▶ [Moana yoga](#)
- ▶ [On the farm yoga](#)

Benefits

- Balance, stability, strength
- Focus, memory, listening
- Reduces stress, anxiety

For more practical videos, visit [Cosmic Kids Yoga](#).

Move like a...

- ▶ [Pūngāwerewere \(spider\)](#)
- ▶ [Mokomoko \(lizard\)](#)

Benefits

- Learn about kaitiaki of Tāne Mahuta
- Movement, coordination and competence
- Encourages creativity

Music and movement

- ▶ [Poi action song](#)
- ▶ [Fijian song and dance](#)

Benefits

- Coordination and spatial awareness
- Resilience and confidence
- Connecting with whānau

For more videos visit [Whānau Āwhina Plunket](#).



For more information visit heartfoundation.org.nz

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