

A mixture of activity ideas for Hauora / Well-Being

Activity Number	Ideas:
1	Go for a walk, jog, bicycle around the block or neighbourhood, either by yourself or with your family. If you were to repeat this over the next 4 weeks, can you gradually increase your distance? Can you identify different areas to explore?
2	Create a Fitness Circuit in your backyard - Click Here for a resource. Now you have utilized this resource, can you create another circuit for you & your family & research some of your own moves to incorporate. Click Here for a template. Challenge, can you design a 3 week training programme for yourself?
3	Toilet roll kick ups Click Here for link - can you video yourself doing some of these or make your own routine up?
4	Physical Education with Joe Wicks 30 minute workout - Click Here for resource. There will be a different workout every weekday. Live at 9am UK Time. Previous video links have been saved below: Tues 24 March Workout Wed 25 March Workout Thurs 26 March Workout Fri 27 March Workout Mon 30 March Workout Tues 31 March Workout Wed 1 April Workout Thurs 2 April Workout
5	Household Trick Shots - Click Here for resource. Can you copy any of these and have it videoed? Can you create your own trickshot and share it with your classmates and challenge them?
6	Bottle flipping Trick Shots - Click Here for resource. Can you copy any of these and have it videoed? Can you create your own trickshot and share it with your classmates and challenge them?
7	Bake some cookies in the kitchen. Click Here . For Choc chip recipe. Click Here for an Anzac Biscuit recipe. Does your family have a recipe you are interested in creating?
8	Te Rakau - Maori stick game. Create some sticks using magazines and sellotape and have a go! Click Here for the resource.
9	Healthy snacks with Joe Wicks - Click Here for the resource. The morning show has Joe Wicks talk about some healthy snacks for you to try. Have a go at making some of the options. Can you come up with your own? You could share your own ideas with the class.

10	<p>Yoga with Adriene - Find some great yoga sessions for different aspects of health. Physical and emotional. Click Here for resources.</p> <p>There is a great 15 minute session for meditation for Anxiety.</p>
11	<p>Mindfulness Click Here for some ideas. If you have access to a printer at home, Click Here and Here and print these to colour them in. Can you design your own colouring in drawing and share it with someone else in your family to complete?</p>
12	<p>Complete a Sudoku. Take the sudoku to the next level - time yourself to finish the sudoku and then challenge someone else to beat your time! Apps readily available on phones & tablets.</p>
13	<p>AKI app Maori vocabulary learning game available from Google Play or App store.</p>
14	<p>Do a pencil sketch or painting - it could be of a person or another type of animal. Youtube how to sketch or paint - Bob Ross is the master but there are others also.</p> <p>Taking it to the next level - with an image from a photo try and project it over a blank page and use this to help you draw it and make it look awesome!</p>
15	<p>Learn Sign Language. Plenty of apps to choose from. Challenge, can you learn to sign your own name, and when you return to school can you sign to your PE/Health teacher(s) "Hello (insert Teachers name), how are you today?"</p>
16	<p>Gardening & Mowing the lawns - Can you get out in the garden and help make it beautiful/tidy? Maybe you may like to start your own vegetable patch if you have resources already at home, or something similar? Can you make garden ornaments to add to your garden?</p>
17	<p>Play card games - learn a new card game and teach others in your family.</p>
18	<p>Set up a puzzle table somewhere in the house for the whole family to contribute to. As a person walks past or if they are having a break they can spend a short amount of time to put a piece onto the puzzle.</p>
19	<p>Set up a weekly timeframe where the family can come together and play a board game. I.e. Sunday between 1 - 2pm we come together to play. Each session someone different can nominate a game to play.</p>
20	<p>Set up Jenga somewhere in the house for the whole family to play. Assign an order of moves, and see who is the first to knock down the tower. Keep a running record and at the end of 4 weeks who knocked down the tower the least? Give them a prize.</p>
21	<p>Action for Happiness Calendar - Click Here for resource.</p>

	Have a look for some ideas for looking out for others and yourselves.
22	Wash the family car(s). Are there other items outside that need cleaning?
23	Body weight strength program - Follow along with Leonel Franco, a Lululemon ambassador, doing a 45 minute strength session. Click Here for the link.
24	Set up a weekly timeframe where the family can come together and watch a movie. I.e. Friday night between 7 - 9pm we come together to watch. Each session someone different can nominate a movie to watch.
25	Create an Easter Egg Hunt in and around your household for your family to join in. Rather than Easter Eggs you may have spent days leading up to this activity creating home baking and some origami (or any items you have created) to go out and search for.
26	Create Scavenger Hunt in and around your home whereby participants must follow riddles/clues to get from Point A to Point B. Challenge your family members individually to see how fast they can complete the hunt versus one another.
27 Key for parents	Have a read of this Interesting article about the link between physical activity and academic development. ‘Running and Writing’
28 Key for parents	Watch “Self-made” on Netflix. This is a series about an African American washwoman who rises from poverty to build a beauty empire to become the first female self-made millionaire. Based on a true story. Please note: Suitable for 13 years and over
29	TikTok - create a dance to an appropriate song that you can send out to your classmates and challenge them to learn it. Can the whole class know the moves before we return to school?
30	Click Here and read these 5 Fiction Books that look at Overcoming Adversity
31	Facetime a friend and/or family member each day
32	Make a list of 5+ things that will make your day today amazing
33	Keep a weekly reflection diary where you have a chance to explain how at least two activities you selected off this list affected your hauora/well-being positively or negatively. Challenge, can you identify how to improve this for the following week?
34	At the dinner table tonight, can you identify 3 things you are grateful for today? Challenge, can you do this each night, with different things you are grateful for, even if its only one thing
35	Can you learn to juggle 3 balls? Challenge, can you add more balls, or juggle different equipment?

36	Have a dance off with your family members
37	Plan for a family night of Charades. Click Here for a website resource where you can generate plenty of words at the click of a button. You can deselect categories too.
38	Plan a Talent Quest night for your family. Give everyone a minimum of 1 week to plan and practice their routine
39	Still got LEGO at home? What is an epic design you can create? Take a photo and share with your classmates
40	Ever been into scrapbooking before? Can you design, with equipment at home, a scrapbook for a friend or family member?
41	Got a Snakes & Ladders board at home? Or a printer? Click Here for the board and instructions for a fitness game. Follow the bodyweight options. Challenge, can you create your own bodyweight exercises for this game?
42	Got Dice and either 6 cones or 6 markers you can use in your backyard? Click Here and play Running Dice
43	Got Skip-Bo &/or UNO deck of cards? Click Here to play these fitness games
44	Got a printer? Click Here and play Checkers
45	Download the Tabata App to assist with your fitness sessions
46	Don't have dice at home? No worries, download the App Pretty Random
47	Can you create a new game? Design the game around your home with equipment you have at hand and make up some rules. Challenge, can you design it and share with your classmates for them to play with their families?
48	Can you learn a musical instrument that is lying around your house?
49	Ever wonder how many animals you can draw using the outline of your hand? Click Here and try some for yourself. Challenge, can you design your own?
50	Daily Jump Jam - Click Here for a playlist and complete one dance a day
51	Cardio Session - Click Here for a 10min session or Here for a low-impact 30min session
52	HITT or <i>high-intensity interval training</i> , is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active,

	<p><i>recovery periods.</i></p> <p>- Click Here for a 30min Training Session or Here for a 20min session</p>
53	Thai Chi - the art of embracing the mind, body & spirit. Click Here for a beginners video
54	Cook dinner for your family once a week
55	Learn a karakia for various scenarios - Click Here for resource
56	Send 3 emails to your friends, family, teachers to let them know you are thinking of them and their families at the moment
57	Brain Teasers - Click Here and watch this 12min clip, how many can you get right?
58	Complete some Word Searches - Click Here & Here . Challenge, can you create your own Word Search - Click Here for the resource. Shhh Answers for above searches Click Here & Here - how many did you get right?
59	Complete some Crosswords - Click Here & Here . Challenge, can you create your own Crossword - Click Here for the resource. Shhh Answers for the above searches Click Here & Here - how many did you get right?
60	Circuit training - ever completed one? Wondered why they are so good? Want to create your own? Click Here for the resource
61	20min No Equipment Total-Body Workout - with GIFs showing you how to do the moves - Click Here for resource
62	Home Pilates workout - Click Here for resource
63	Stair Workout? No problem - Click Here for resource
64	Online Jigsaw Puzzles - a new daily jigsaw uploaded each day - Click Here for resource
65	Need a mental break? Click Here for some online games
66	Write a letter to an elderly relative or friend
67	Find an object from around the house beginning with every letter of the alphabet. Challenge, can you start the same time as someone else in the house? Who collects all items the fastest?
68	Be in charge of your household recycling. Also, can you be responsible for putting the bins out each week?
69	Rearrange your bedroom - maybe you might be allowed to do this to another room in the house? Can you make it more suitable for the next 4 weeks.
70	Spring clean - start putting piles together of belongings you no longer require.
71	Make a video of your reading a picture book. Do you know a little

	someone who would appreciate receiving this?
72	Get outside time! Build a fort, climb a tree, or simply absorb some sun rays!
73	Have a paper plane challenge with your family. Whose plan can fly best? How will you measure this?
74	Help your parent/caregiver plan the grocery list for the week
75	Record your family tree and learn about your family history and whakapapa
76	Spend some time cloud watching. How many shapes can you make out?
77	Create an obstacle course that may flow from inside to outside, or just be in one area. How many levels can you include in the course? Will it involve having to dribble a ball at the same time? Time yourself and others completing it.
78	Label and learn Te Reo Maori words for items in and around your home for you and your family. Perhaps you might do the same in another language?
79	Plan an imaginary holiday. Research places to go and things to do there. Make a list of things you would need to pack.
80	Keep a journal about your social distancing during the next 4 weeks. What did you do each day, how did you feel?
81	Write a play. Challenge, can you convince your family to participate in your play and make it come to life?
82	Learn how to make Origami - Click Here for a resource. There are plenty more.
83	Collect items for a time capsule. Items could include a current newspaper article, a letter to your future self, a photo of your family, your current height. Challenge, can you think of other suitable items for your capsule? Can you make a capsule and plant it somewhere?
84	Make breakfast in bed for your family members
85	Write to Nurses and Doctors (or anyone in essential services) on the frontlines and thank them for their service.
86	Be completely silent for 60 minutes and then write about the experience.
87	Learn, practice, and perform a magic trick. Click Here for some ideas.
88	Stay up late one night and star gaze. Challenge, before participating in this activity can you research some information about stars and share with your family?
89	Learn, practice, and perform at least 3 jokes. Click Here for some

	ideas
90	Have chalk at home? Write a poem and/or kind messages to passers-by on your sidewalk outside your house
91	Watch one of these documentaries & write a 500 word synopsis of it: Documentary #1 = Chicago Bulls: Unstop-A-Bulls Documentary #2 = Born to Run: The Kenyan Secrets Documentary #3 = Jonah: The Ultimate Jonah Lomu Story
92	Write down 5 things you observed today that you wouldn't normally notice. Why were these things so astounding and something you should be aware of each day?
93	Get a good sleep. Be in bed before 9pm. No device use from 6pm onwards. How did you feel the next morning, was there any difference to normal?
94	Complete three acts of kindness. Take a picture of these acts and explain how it made others feel.
95	Watch TV1 9am weekdays for Les Mills Fitness Workouts for older children/adults and TV2 3pm weekdays for kids Les Mills workouts
96	2 Minute Shower Workout. Just before you jump in the shower complete: 1 Set of Press Ups to Failure) 1 Set of Air Squats to Failure) = If it becomes easy do 2 sets 1 Set of Crunches to Failure)
97	YMCA Home Virtual Workouts Click Here
98 - 100	What other activities can you think of?