

He Kete Haerenga Mō Waho

A Pack of
Outside
Adventures!



**He ngohe tere, he ngohe
pārekareka mā te whānau**
Quick, fun whānau activities

tākai



Department of
Conservation
Te Papa Atawhai

Sparklers

Tūhuratia a waho

Take time to explore outside

Tēnā koe e hono mai nei ki ēnei haerenga, ahakoa he iti, he pārekareka, he whai mōhiotanga hoki! Kua hangaia hei whakanui i Te reo Māori, ki te whakahau hoki i a tātou kia tūhuratia te Wao nui a Tāne.

Thank you for joining us for these tiny, but super meaningful and fun adventures! They are all designed to celebrate our indigenous Māori language and encourage us to spend time in nature.

He aha ai? Me puta hoki rā ki waho, hei hiki i te wairua, hei whakakoakoa i te ngākau. Atu i tēnei āhuatanga, ko te ahureatanga me ngā kōrero hītori, e hōhonu ake ai tō tātou hononga ki te taiao, ki te ao tūroa nei.

Why? Because getting out into nature can improve our mood and help us appreciate the simple things that give us joy. As well as this, our culture and history deepen our sense of belonging and connectedness.

Kawea mai tō ngākau koa kia pai ai te haerēre, ahakoa te wā o te tau!

So bring on the feel goods with some outside adventures, any time of the year!

Tūhuratia te reo Māori
Tūhuratia te Taiao

*Take a moment to discover
Te Reo Māori
Take a moment to discover
the environment*

Ngā kāri kōwhiri tae, wā hoki Card colours and time options

Homai kia rima! – gimme 5!

Te Tino Tekau mā Rima – fab fifteen

Haora Harikoa – happy hour

Haora Harikoa | Happy hour

Me kai ki waho!

Let's eat outside!



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Haora Harikoa | Happy hour

Me hanga mahere whenua

Let's make a map!



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Te Tino Tekau mā Rima | Fab fifteen

Me mahi toi tātou!

Let's make art together!



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Te Tino Tekau mā Rima | Fab fifteen

He tiro tiro manu te mahi!

Let's go bird looking!



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Te Tino Tekau mā Rima | Fab fifteen

Tūhura mai!

Let's explore!



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Te Tino Tekau mā Rima | Fab fifteen

Pou Kōhatu He raupapa kōhatu te mahi

Let's stack stones!



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Te Tino Tekau mā Rima | Fab fifteen

He rapu ngāngara te mahi!

Let's find some bugs together!



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Homai kia rima! Gimme 5!

Me tākaro kemu ki waho!

It's time to play a game outside!



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Homai kia rima! Gimme 5!

Tangohia ō hū!

Let's take our shoes off!



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He mahi toi ā-rau, ā-āhua hoki

To make some textured, leafy art



Me whai i: Te hāpiapia, ngā karakara, pepa me te peita.
You will need: Some glue, crayons, paper and/or paint.

- 1** Haere ki waho ki te kohi rau, rau pua.
Head outside and collect leaves and petals from the ground.
Me whakamātau tēnei mahi toi mā te puru i te rau ki raro iho i tō pepa, kātahi ka muku mā te karakara. Hangaia he kāri, he pepa takai rānei mā tēnei mahinga toi!
Try some leafy tracing by putting a leaf under a piece of paper, then rubbing a crayon over the top. Make cards or wrapping paper using this technique!
- 2** Me whakamātau hoki te peita i tētahi taha o ngā rau kua kohia, ka tā ki te pepa.
You could try painting leaves on one side and carefully stamping them on your paper.
- 3** Hangaia rānei he kōwaiwai toirau mā te whakapiri rau, rau pua hoki ki tētahi whārangi pepa. Ka tāpiri i ō pikitia i muri iho.
Or make a leafy collage by glueing your leaves and petals onto your page. Add your own drawings all around.
- 4**

Me hanga mahere māra mīharo

How to make a special garden map



Me whai i: Tētahi pepa, he pene, he pene rākau karakara, he pene hinu, he karakara rānei.

You will need: A piece of paper, a pen, colouring pencils, crayons or felts.

- 1** Mēnā he rangi ua, he makariri rānei, tirohia tō māra mai i tō matapihi, mēnā e pai ana, haere ki waho ki te āta tiroiro haere.
If it's a cold or wet day, study your garden from your window, otherwise, head outside to take a closer look.
- 2** Tāia ngā āhuatanga o tō māra, pērā i ngā taiapa, ngā rākau, tō rāina kākahu rānei.
Draw the features of your garden like fences, big trees or your washing line.
- 3** Me tohu ka karakara i ngā wāhi mīharo o tō māra – he wāhi ngāngara, te wāhi pārekareka, te wāhi mahana...
Mark and colour the special places in your garden – the bug area, the fun area, the cosy area...
- 4** Ina oti ana tō mahere, whakamahia hei mahere i tō haerenga tuarua ki waho!
Once your map is complete, use it to plan your next outside adventure!

Me kai ki waho, he pikiniki te haere ake nei

Eating outside makes for an anytime picnic



Me whai i: Tētahi rā paki!

You will need: A sunny day!

- 1** Haere ki te kai tāhi me tō whānau ki waho – mō te parakuihi, te tina, te hapa rānei – ahakoa te wā!
Head outside with your whānau for kai – for breakfast, lunch, snacks or tea, anytime!
Whakaritea mai he kai me tētahi paraikete, ka haere ki tētahi wāhi, e rawe ana, e harikoa ana ki a koe.
- 2** Pack some kai and a blanket and head outside to a spot in the garden that makes you feel relaxed and happy.
- 3** Tohua he wāhi pai, e noho, kātahi ka kai.
Choose your spot, get comfy and share kai.
- 4** Me tākaro, me tūhura hoki koe i taua wāhi.
Spend some time playing and exploring too.

Te kemu raupapa kohatu

How to play a stone stacking game



Me whai koe i: Ētahi kōhatu papatahi – ko ngā tahataha o ngā awa, ko ngā takutai moana ngā wāhi ka kitea ēnei momo kōhatu (he wā tūhura!).
You will need: Flattish stones – local riverbeds and beaches are good places to find these (and spend time exploring!).

- 1** Rapua he kōhatu.
Find your stones.
- 2** Me whakamātau ki te raupapa i ngā kōhatu kia teitei rawa.
Try stacking your stones as high as you can.
- 3** Me tauutuutu te mahi, ka tiro nō wai te kōhatu ka whakatimana i te pou kōhatu!
Take turns to see whose stone makes the tower topple!

Te tūhura kare ā-rongo i tō ao

How to go for asensory explore



Me whai koe i: Tēnei kāri me ō kare ā-rongo katoa!
You will need: This card and all of your senses!

Haere ki waho ka mahi i tētahi, i ētahi rānei o ngā mahi e rārangi ana i raro!
Head outside and do one of the lists, some of the lists or all the lists!

- 1** Rapua he mea pīataata, mea nui, mea huruhuru!
Find something bright, something big, something fluffy!
 - 2** Rapua he mea iti, he mea hāwareware, he mea kāre anō koe kia kite!
Find something small, something slimy, something you've never seen before!
 - 3** Rapua he mea kāre e taea te raweke, he mea ārani, he rawe tōna kakara!
Find something you can't touch, something orange, something that smells nice!
 - 4** Rapua he mea pirau, he mea waiporoporo, he mea ka taea tō tākaro!
Find something rotting, something purple, something you can play with!
- He mahi anō:** Haere ki te hīkoi i te ata, ahiahi pō rānei, ka tiro ki ngā tae o te ata, ki ngā tae o te ahiahi hoki.
Extra: Go for a walk at dawn or daybreak and notice as the colours change around you.

Te haere ki te tiroiro manu

Heading out to go bird looking



Me whai koe i: Ō waewae mōmoka me ō whatu pūkana!
You will need: Your quiet feet and wide eyes!

- 1** Mēnā he makariri me tiro manu koe mai i tō matapihi, ki te kore, haere ki tō māra, ki te papa rēhia e tata ana rānei ki a koe.
If it's cold you might look for birds out your window, otherwise, head into your garden or to the local park.
- 2** Me āta haere, kua hoki e hoihoi rawa – kia pai ai te tau o ngā manu.
Try and be quiet and still – that way birds will pass by and land.
- 3** Whakarongo hoki ki ngā tangi a ngā manu. Me whakamātau koe ki te mahi i aua tangi.
Listen to their chirping. You can even try and make the same sounds.
- 4** Ka kaute i ngā manu ka kitea e koe - 1, 2, 3, 4...
Count the birds you see - 1,2,3,4...

Mā te tango i ō hū e hono ai koe ki te whenua

Taking your shoes off connects us with whenua



Me whai i: Ō waewae!
You will need: Your waewae!

- 1** Haere ki waho.
Head outside.
- 2** Tangohia ō hū me ō tōkena.
Take off your shoes and socks.
- 3** Ka rongo i te otaota, i ngā kōhatu, i te kirikiri me te oneone me ō waewae.
Feel the grass, stones, sand and dirt beneath your waewae.
- 4** Me tango i ō hū, ka oma, ka peke, ka kori, ka tākaro hoki.
Run, skip, dance and play with bare waewae.

Anei he kemu hei tākaro ki waho

Here's an outside game to play



- 1** Haere ki waho, ka noho wehewehe, ki tētahi wāhi e pai ana.
Head outside and sit separately, somewhere comfy.
- 2** Katia ō karu, ka whakarongo i ngā oro e takahuri ana i a koe.
Close your eyes and sit carefully to everything around you.
- 3** Me tāpiri, me kape rānei i aua oro, kāre e rangona e te tangata!
Try to add or copy a noise to the outdoor sounds that nobody notices!
- 4** Ki te mau koe, whakamātauhia he oro anō.
If you get caught, try again with another noise.

He mahi anō: Me mahi ā-rōpū ki te waihanga anō i ngā āhua o waho, i a koe i roto i te whare. Hei taurua, mahi tahī ki te waihanga i ngā oro o te moana, o te ngahere rānei.

Extra: Work as a team to recreate the outdoors, even when you're inside. E.g. work together to create the sound of the beach or bush.

He rapunga nui, he rapu ngāngara te mahi

Heading off on a big, bug hunt



Kei i a koe: He kōata whakarahi, ō whatu koi rānei
You might have: A magnifying glass or you can use your bionic eyes

- 1** Haere ki waho ki ngā wāhi e mōhio ana koe he ngāngara kei reira – kei raro toka, kei ngā kohinga rau rākau, keria rānei he rua ki tō māra.
Head outside to places you might have seen bugs – under rocks or in leaf piles, or dig a hole in your garden.
- 2** Tangohia ō hū me ō tōkena.
Take off your shoes and socks.
- 3** Ina mutu ana koe, whakahokia ngā mea i nekehia e koe, he toka i nekehia, te whakahokia i ngā rau, i ngā paru, kia noho pai tonu a rātou taiao.
Once you're finished watching bugs, replace any rocks, dirt and leaves back so as not to disturb their home too much.

He mahi anō: Hangaia he puni ngāngara mā te whakatūtū haere i ētahi rākau, ētahi rau ki tētahi wāhi o tō māra.

Extra: Make a bug hut by piling up some sticks and leaves somewhere in your garden. Keep checking to see if any bugs have moved in.