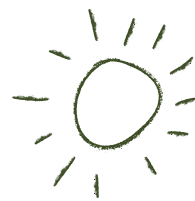




Tākaro, even when you're tired or hōhā...



These simple play ideas only need you to go outside! Offer some suggestions to your tamariki, watch them play and praise all the great things you see.

Sit under a tree with your tamariki

- Look at the branch shadows.
- Pretend the shadow of the rākau is your whare.

"Do you know you've got a great imagination?"

Take a bowl of water outside

- Tamariki might make potions.
- They might put their waewae in.
- They could explore what sinks or floats.

Feel the weather

- It might be windy or there might be spots of rain - notice the weather on your skin or your hair. Encourage tamariki to dance in the weather and see where that leads.
- Check if a petal, leaf or blade of grass will blow in the wind, change when it's wet - discover things together.

Have some kōhatu on standby

- Use the stones for stacking.
- See what sounds they make - tap them together, on the ground, or against a stick.

Find some sticks

- Watch as your tamariki use their 'wand'.
- Play rākau games if you know some - passing the sticks between you, tapping them on the ground to make a beat while signing waiata.
- Dig using the stick, explore the dirt and any bugs or worms you might find.

"I love that you're so focused on what you're doing"

Share pūrākau

- Sit outside with your tamariki and kōrero about what the day or this place reminds them of.
- Share pūrākau from your childhood and your outside play.
- Guess how old the tallest tree is, make up stories about that time!

What are the benefits of play when we're tired or hōhā?

- Being outside in te taiao is immensely good for our hauora - it really does help to make us feel good.
- Play supports tamariki with their learning, social skills and development - it doesn't have to be complicated or need toys. Te taiao is a playground!
- Supporting your tamariki in this way encourages their play, nurtures their relationship with you, and vice versa, supports short bursts of relaxed or fun times and connects them with their whakapapa. It's a winning combination!

"It's so nice to be outside with you"