



YOUR ADVENTURE STARTS HERE!

With the school holidays underway, we've got some tips and ideas for you and your tamariki to have some fun whilst caring for your hauora/wellbeing too!. **Keep scrolling for more!**

Activities & Challenges

Move Your Body

Do some activity every day with friends or whānau that you enjoy: **Run, walk, dance, play, skip, and stretch.** Even 5-10 minutes can be a huge mood booster and burn off some energy.



1. Move Your Body Challenge

As a family, take at least 10 minutes during your day and go outside and run around, play at the playground, pass a ball or frisbee...



Look after your mood

Food really does affect our mood, so aim to eat nutritious meals and snacks daily like vegetables, and fruit to feed your body and mind. Get the kids into the kitchen for a spot of home baking - they love to eat what they have created! See below for Easy Snack Ideas!

2. Look After Your Mood Challenge

Encourage your children to find a simple recipe that they would like to make, make a list of ingredients if needed and then cook/ bake twice during the holidays.

Healthy & Easy Snack Ideas



Hummus Snack



Fruity Skewers with
Yogurt Dip



Berry Smoothie

keep Scrolling for more!



Pasta salad



Chicken Wraps

3. Healthy and Easy Snacks Challenge

Encourage your tamariki to look at what ingredients you have already and come up with a new snack that they may not usually have a school e.g make cheesy scones, create a fruit skewer combo from what is in the fruit bowl, and create a "signature" smoothie.

Take a Moment

If you or the kids are feeling a wee bit hangenge/out of sorts OR tired/ngenge, take a moment to focus on something that makes you smile – it can really help to improve your mood.



4. Take a Moment Challenge

Lie still on the floor for 1-3 minutes, with eyes closed, lips still (no speaking :-)), body still and hand on your belly. Concentrate on the rise and fall of your belly as you take nice slow, deep breaths. Notice how relaxed and calm you feel....see if you can do it for a little longer each time.

HELPING YOUR CHILD WITH THEIR VIRTUAL ADVENTURE

The Zespri Young and Healthy Virtual Adventure will begin on Thursday 20th October (the first week back at school). Along with their classmates, your child will be able to earn points to move the class team around the virtual course by;

- drinking water
- eating fruit and veges
- getting active
- sleeping well
- enjoying moments of mindfulness

You can support them by doing some of these things together as a family.

Head out for a play at the park, swap other drinks for water, swap a usual snack for fruit or vege, put your devices away a couple of hours before bed and dim the lights to help prep the body for sleep.

Each child has their own login so you can see their avatar, where in the world they are "visiting" and help them enter their points at home if you like.



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