

Active for Wellbeing Calendar



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2020

TOP TIP Try to be physically active for at least 30 minutes a day doing something you love

1 Think of keeping active in lockdown as an adventure - it's just taking a different twist for a while!

2 Learn a Māori action or counting game - there are lots online to have a go

3 **GUMBOOT DAY**
Put your gumboots on for a family walk in the neighbourhood

4 Chat with those in your bubble about what you're missing most and why. Are there any creative ways you can improvise?

5 An extra hour today! Enjoy it - Sleep in, then take some of that extra time to really stretch your body

6 Find a photo of you having fun with a friend you can't be with right now - send it to them so they know you're thinking of them

7 Play a crazy tag game that makes you laugh - laughing feels good and boosts our immune system

8 Download TikTok and start creating some whānau bubble TikToks

9 Choose an inspiring word and put it somewhere you can see - discover ways you can bring it into your daily activities

10 Get everyone in your bubble to choose a fun way to be active for 15 minutes

11 Learn something new today, like making a poi or learning a new waiata

12 Think about what you like and dislike about being active - write down what motivates you

13 Take a family walk after dinner, and let different bubble members take turns choosing where to go

14 Think of a new sport or activity you'd like to learn, research it and start practicing

15 Pick up the phone or have a video call with grandparents so they feel connected

16 Be extra kind to others in your bubble - make cups of tea or pay a compliment

17 Remember to **MOVE** and **STRETCH** even if you feel stuck indoors - notice how it makes you feel

18 Laugh with a Saturday night whānau 'Dance off' with different members picking the music

19 Try to have a screen free day, and play a range of games that you don't need a screen for

20 Spend 20 minutes before breakfast having a go at yoga

21 Go old-school and draw a hopscotch on your driveway or play elastics

22 Enjoy a whānau picnic outside in your backyard, with games after kai

23 Touch base with grandparents or older people you know to see how they are and if they need anything

24 Learn the names for the birds and trees you see on your daily walk

25 Try a sports afternoon with a difference - play charades with a sports theme

26 Listen to what you hear in nature - lie down and count all the sounds in 5 minutes

27 Clap and cheer at the supermarket to thank the frontline workers

28 Make a 30 second video of your isolation experience as though you were explaining it to yourself in 10 years time

29 Notice strengths of others in your bubble, and compliment them to make them smile

30 Every hour, take a 5 minute break to stretch and breathe and think only positive thoughts in that time

#FitForFour
Be Active, Be Healthy, Be Happy