

Key resources curated list

Kaiako can use these freely available online resources to learn about oranga tinana, the physical wellbeing, of tamariki and to find activities they could use with tamariki.

Active movement

[Sit Less, Move More, Sleep Well: Active play guidelines for under-fives](#)

Ministry of Health, 2017

Evidence and recommendations for physical activity of tamariki under five years' of age. Includes practical, low-cost activities that parents, caregivers, whānau or families can do.

Accompanying resources:

[Sit Less, Move More, Sleep Well: Active play guidelines for under-fives resources](#)

[Fundamental movement skills](#)

Nuku Ora

Information about specific ways tamariki develop fundamental movement skills, for example, rotation, dodging, with activities tamariki can engage in to develop and strengthen these skills. Suggests useful items of equipment.

[Learn by heart resources, Active Play series](#)

Heart Foundation

Information about fundamental movement skills and related topics. Gives clear explanations of the significance and benefits of particular types of movements.

[Active movement activity guides for children 0-5 years](#)

Sport NZ (then known as SPARC)

Brochures in English and te reo Māori for kaiako, parents, whānau and caregivers with suggestions on how to support tamariki to move and have fun.

[Outdoor play and why it's important](#)

The Education Hub

An article summarising evidence on the benefits of outdoor play. Discusses Forest School and other natural outdoor play experiences.

Nutrition

[Healthy Food and Drink Toolkit: Early Learning Services](#)

Ministry of Health, 2021 [Not yet published]

Provides templates and advice for early learning services to develop a healthy food and drink policy with the help of kaiako, whānau, cooks and the wider community.

[Healthy Heart Award](#)

Heart Foundation

A guided programme, that licensed early learning services can sign up for, to create a healthy and nutritious learning environment, and support whānau to foster physically active and nutritious experiences outside of the early learning service setting.

[Learn by heart resources](#)

Heart Foundation

A range of nutrition-related topics, including practical, cost-effective suggestions for lunchbox items in English, Te Reo Māori, Samoan, Tongan, and Chinese.

[Akoteu Kato Kakala Preschool – Being Active Holistically](#)

Healthy Families South Auckland on Youtube, 2018

A video describing physical wellbeing from a holistic Tongan perspective. Shows a Pacific approach to creating healthy and nutritious environments.

[Mindful Eating Activities \(PDF\)](#)

Canterbury District Health Board

Describes activities to encourage tamariki to explore a range of familiar and unfamiliar food items. Suggests ways to have conversations with tamariki and whānau about nutritional eating practices.

Rhythmic movement – dance and drama

[Play idea : Music – Waiata](#)

Ministry of Education

Explains the benefits of music and movement experiences for tamariki and ways to provide these.

[Kei Tua o te Pae, Book 19: The arts](#)

Ministry of Education

An assessment resource which can support kaiako to include rhythm, movement, dance and drama in tamariki play. It is an older resource but relevant.

[Hikitia te Hā](#)

All Right

A video demonstrating te Ao Māori breathing exercises to calm the mind and body. Develops ability to be present, calm, focussed and ready to learn. It can also deepen understanding of te Ao Māori and atua. Useful for kaiako, tamariki and whānau.