

Outdoor nature moves

NOTICE NATURE



Head outside and find a quiet location with enough space so you won't bump into each other.

- **Reach up tall** and strong like trees in the ngahere/forest.
- Bend down and **touch your toes** and Papatūānuku.
- **Reach your arms out wide** like the stars of Matariki.
- **Curl up in a ball** like te marama/the moon.
- **Move like the waves** in the moana/ocean.
- **Fly** like the pīwakawaka.
- **Creep quietly** like a kiwi.

- **Run round** and round like a cheeky kea.
- **Reach up tall** and strong like the trees in the ngahere/forest.
- Bend down and **touch your toes** and Papatūānuku.
- **Lie down** on Papatūānuku, eyes towards Rangi-nui (the sky), hands on your tummy, and breathe.

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#TeachOutsideNZ



Department of
Conservation
Te Papa Atawhai



Healthy Nature
Healthy People

New Zealand Government