

1. Take notice
Go for a walk in
your local park or
green belt

2. Keep Learning
Design a map of
your area and where
people might
need help

3. Give
Join the Teddy Bear
scavenger hunt by
putting a bear in
your window

4. Connect
Write letters to
friends and hand
deliver them*

5. Connect
Walk and wave -
check on your
neighbours

10. Take notice
Explore an area
near your home -
count the birds!

9. Keep active
Jump on the tramp
or draw a hopscotch
game with chalk

8. Keep Learning
Use a carbon
calculator to work
out your saved
emissions

7. Give
Walk the dog or
your parents!

6. Keep active
Try an online yoga
class for kids or
JumpJam in your
lounge



MOVIN' & MINDFULNESS

Weekly Passport Challenge to keep
active during time away from school

* Ask them to wait a day or two before picking it up! Current research suggests COVID-19 can last *up to* 24 hours on paper/cardboard. Please visit the covid19.govt.nz and www.mentalhealth.org.nz websites for support and advice on what is safe and appropriate for you and your whānau.