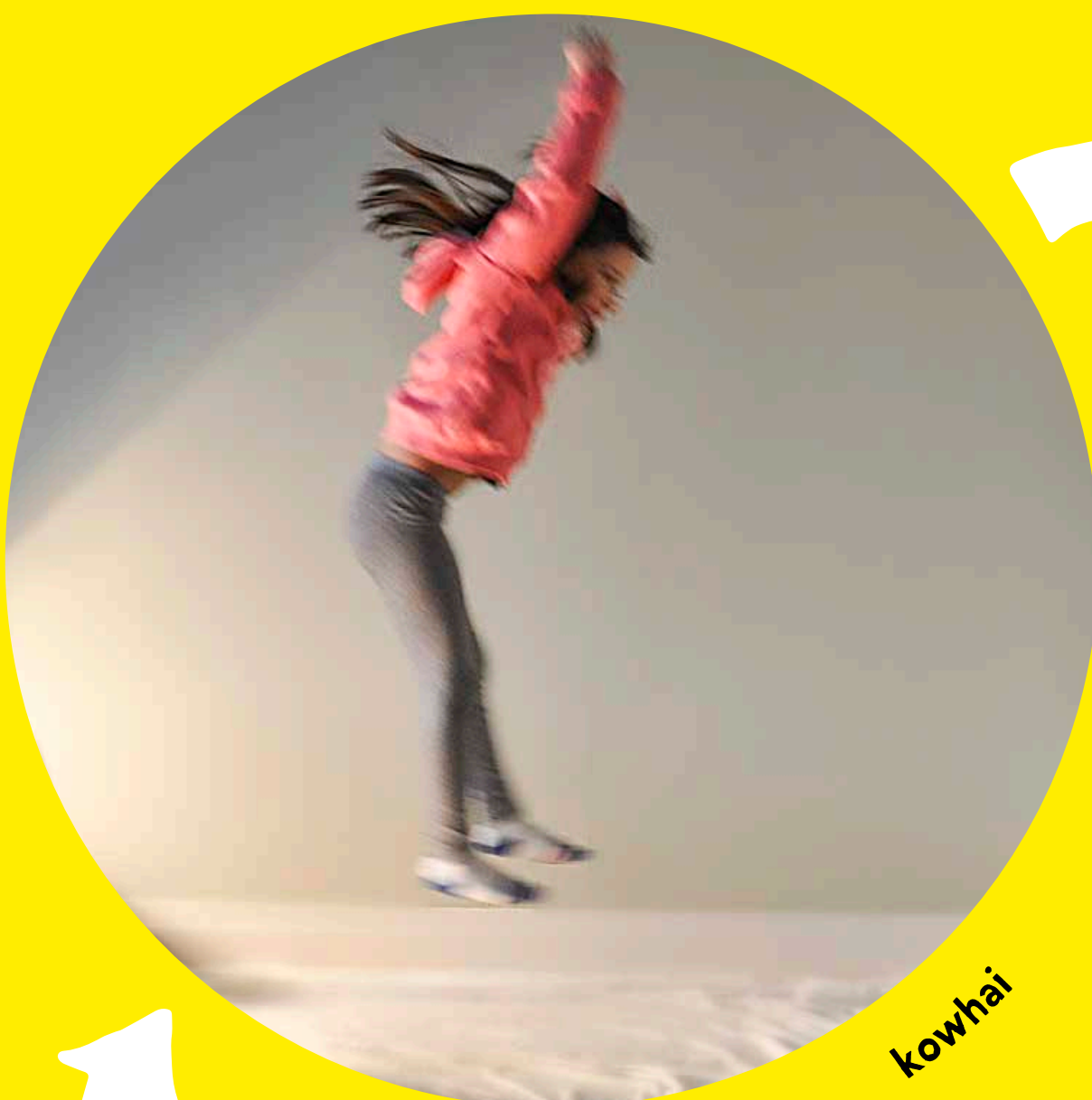


Peke ake ki runga e  
Peke ake ki runga e  
Toro ki te rangi e  
Tau kē hoki!



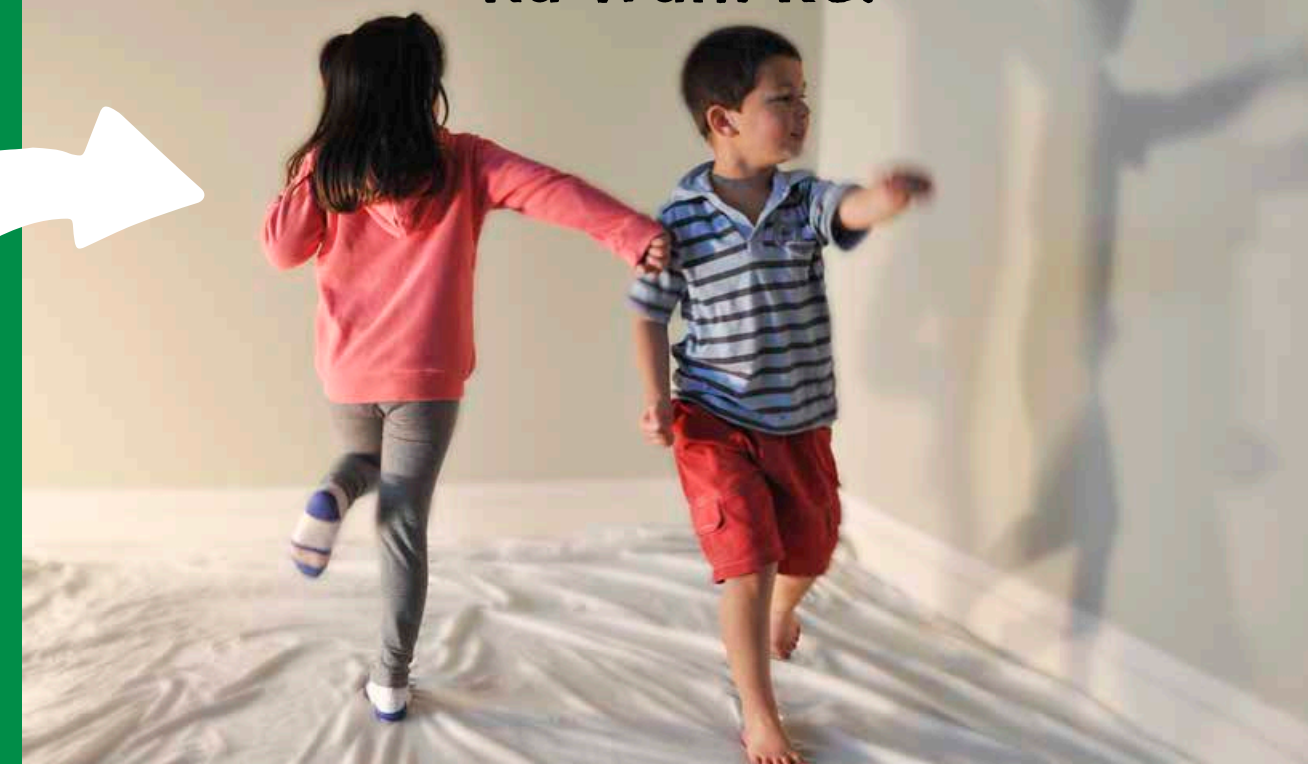
kowhai

Hītoki matau te waewae e  
Katahi ka Hītoki mauī ke  
Ka rawe mai taku Parata tumeke  
Kei runga noa atu



kākāriki

Makoa te rā  
Makoa te wā  
Ko tāku e whai ana  
Te kanikani tinana  
Ka wani kē!



## Korikori Tinana!!

For hundreds of years Wairarapa Māori have encouraged their children to use their bodies in exploratory play to build foundations for whole of life physical skills and brain development.

Coordination, balance, poise, posture, attention and concentration are examples of the advantages of encouraging active movement in young children.

When more than one child is present teamwork and cooperation comes to the fore. Play in natural settings builds sensory awareness and an understanding of nature through observation and experience.

Physical fitness combined with mental, spiritual and whanau health leads to overall wellbeing for the individual, family and community.

### THINGS TO DO

- Set up obstacle courses
- Make up circuits
- Jump jam
- Relays
- The options are limitless. Just move!!!

Timatanga



Waewae takahi  
Waewae takahi  
Ringaringa pakipaki  
Kei runga noa atu!



whero

karaka



Tikehia te rarangi tika  
Tikehia te rarangi tika  
Mahi ano mai e hika  
Kei whea mai

kahurangi



Titiro ki au e piki rakau ana  
Titiro ki au e piki rakau ana  
E rawe ana te wairua  
Kei runga noa atu!

mawhero



Pīrori ki te papa  
Pīrori ki te papa  
Nuku ki ti, nuku ki tā  
Ka wani ke

tawa



Oma ki kona  
Oma ki kona  
Heke mai te werawera  
Tau kē hoki