

3rd October 2018



As part of our Healthy Eating and Active Movement Programme Kalo and Sarah decided to take our Tuakana children to the Primary School field for some exercise.

Before we started our exercise we had a running race which was full of fun and excitement for the children. The children enjoyed the thrill of trying to beat each other.



During our yoga time the children were enthusiastic about each movement they made. The children did their best to follow Kalo's movements laughing

as they did it. By having daily exercise as a part of their daily routine the children will be caring for their bodies and keeping them healthy.



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Active Movement on Primary Play equipment

