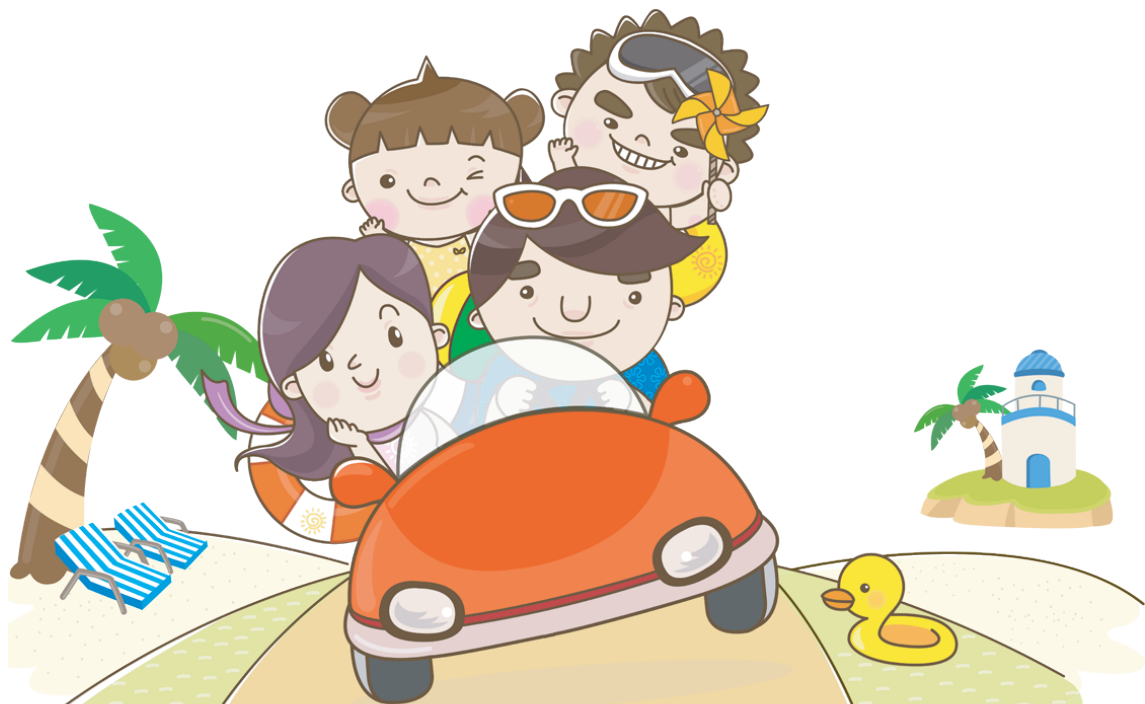


FREE FAMILY ACTIVITIES

Ohiwa Harbour, Whakatane

FUN IN THE SUN



Ohiwa Harbour, Whakatane

FUN IN THE SUN

Sand Family

Build a life size sand family

TOP TIP: Seaweed makes a great hair do



Treasure Hunt

a) How many people along the beach and at the playground do you see wearing hats and sunglasses?

e) There are two s _____, s _____ and s _____ s _____ in the playground.

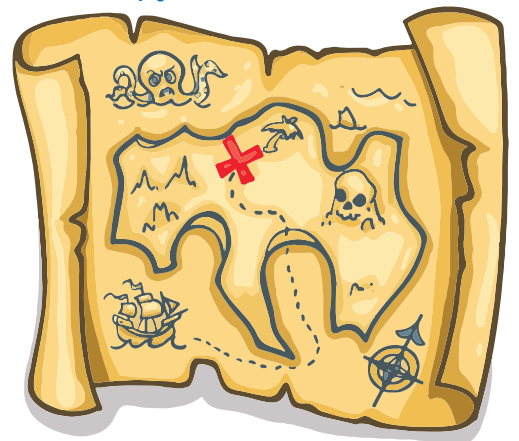
b) How many boats can you spot at sea or on the harbour?

f) Name five fun activities that you can do at the Ohiwa Beach Holiday Park.

c) How many Palm Trees can you count on the grass area beside the jumping pillow?

g) Capture a family photo from your favourite location at the campground.

d) What colour are the stripes on the jumping pillow at the campground?



Ohiwa Harbour, Whakatane

FUN IN THE SUN

Beach Golf

Get your crew together for a game of Beach Golf

TOP TIP: Become a golf course apprentice and map out your course. Tennis balls (or similar size) are needed for this activity. Dig the holes and get rolling!



Make a Sundial

How do you tell the time on holiday? Use the natural resources around you to make a Sundial

TOP TIP: Tall sticks cast great shadows

Jandal Toss

Set up a target and see who can get the closest!

TOP TIP: Think horse shoe throw!



Ohiwa Harbour, Whakatane

FUN IN THE SUN



Tidy Kiwi

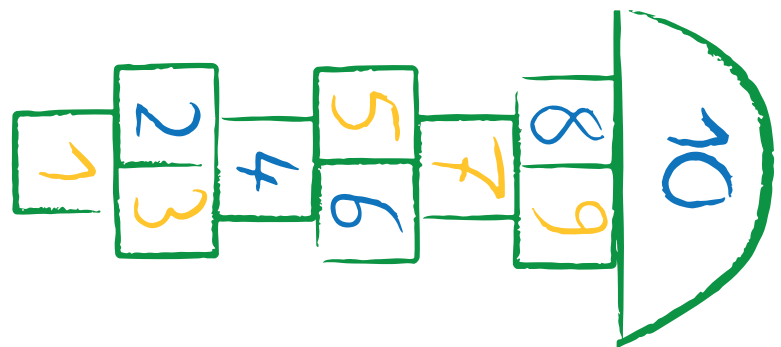
Be a tidy kiwi – If you see any rubbish as you complete Summer Fun in the Sun please pick it up and put it in a rubbish or recycling bin

TOP TIP: Make sure to wash your hands afterwards!

Hopscotch

Design your own game of hopscotch

TOP TIP: How tricky can you get?



Backyard Cricket

Spread the word and get a crew together for a game of Backyard cricket

Ohiwa Harbour, Whakatane

FUN IN THE SUN

Walking Explorer

Complete a walk along the Onekawa Te Mawhai Regional Park or explore the areas of bush near the campsite— what bugs, critters or birds can you find?



Water Safety

Show us your favourite way to cool off at the lake on a hot summer's day

Ohiwa Harbour, Whakatane

FUN IN THE SUN



Kiwi Conservationist

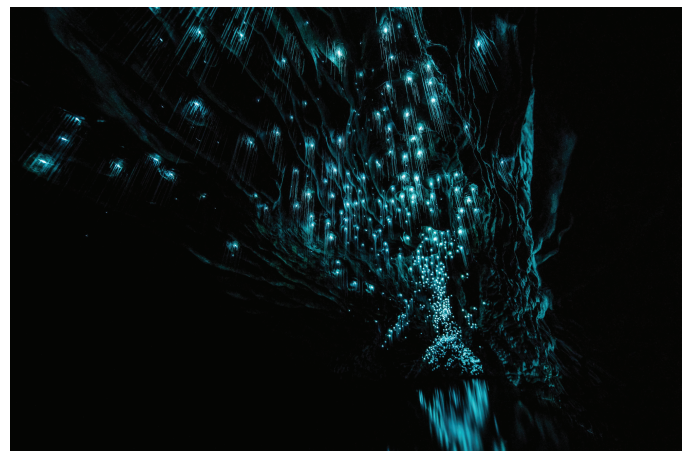
Make a quick video about being a clever Kiwi conservationist

TOP TIP: Conservationist = a clever kiwi who protects and looks after the environment and wildlife

Glow in the Dark

Get exploring and take a walk to visit the Glow Worms

There are lots of interesting facts at the site, what did you learn?



FREE FAMILY ACTIVITIES

Tirohanga, Opotiki

FUN IN THE SUN



Tirohanga, Opotiki

FUN IN THE SUN

Sand Family

Build a life size sand family

TOP TIP: Seaweed makes a great hair do



Treasure Hunt

a) How many people along the beach and at the playground do you see wearing hats and sunglasses?

b) How many surfboards, boats and paddleboards can you spot at sea?

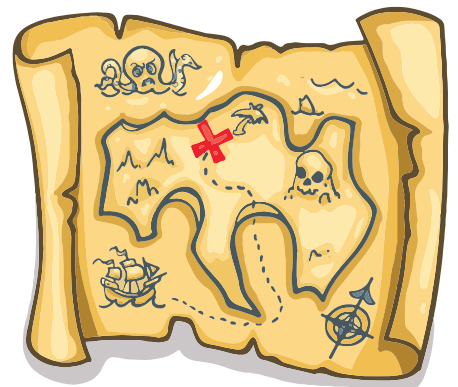
c) how many tyres are there in the playground?

d) How many steps do you have to climb to get to the top of the big slide?

e) What colour is the boat in the playground? Capture a photo in the boat.

f) Name five fun activities that you can do at the Tirohanga Beach Motor Camp.

g) What do you see on the billboard in front of the playground. Capture your family photo using this billboard.



Tirohanga, Opotiki

FUN IN THE SUN

Beach Golf

Get your crew together for a game of beach golf

TOP TIP: Become a golf course apprentice and map out your course. Tennis balls (or similar size) are needed for this activity. Dig the holes and get rolling!



Make a Sundial

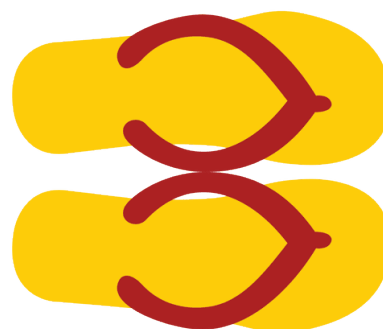
How do you tell the time on holiday? Use the natural resources around you to make a sundial

TOP TIP: Tall sticks cast great shadows

Jandal Toss

Set up a target and see who can get the closest!

TOP TIP: Think horse shoe throw!



Tirohanga, Opotiki

FUN IN THE SUN



Tidy Kiwi

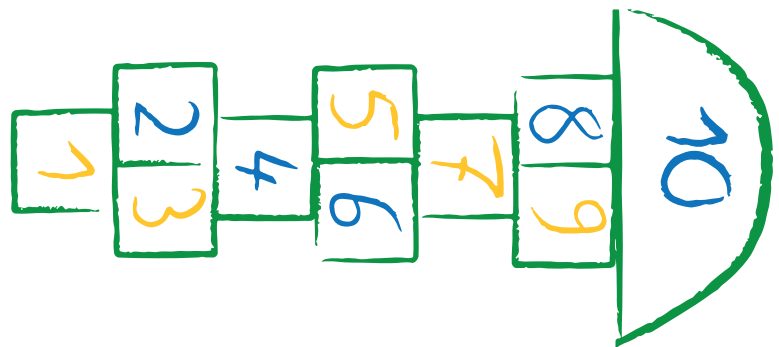
Be a tidy kiwi – If you see any rubbish as you complete Fun in the Sun activities please pick it up and put it in a rubbish or recycling bin

TOP TIP: Make sure to wash your hands afterwards!

Hopscotch

Design your own game of hopscotch

TOP TIP: How tricky can you get?



Backyard Cricket

Spread the word and get a crew together for a game of backyard cricket

Tirohanga, Opotiki

FUN IN THE SUN

Walking Explorer

Complete a walk along the Motu Dunes Trail or explore areas of bush near the campsite.

What bugs, critters, sea life or birds can you find?



Water Safety

Show us your favourite way to cool off at the beach on a hot summer's day

See the Beach Hunt activity card from Surf Life Saving New Zealand for more activities.



SURF LIFE SAVING®
NEW ZEALAND

Tirohanga, Opotiki

FUN IN THE SUN



Kiwi Conservationist

Make a quick video about being a clever Kiwi conservationist

TOP TIP: Conservationist = a clever kiwi who protects and looks after the environment and wildlife

Local Giant

Locate the largest tree in the Tirohanga campground.

Have a guess how old it is.
Does it have a name?

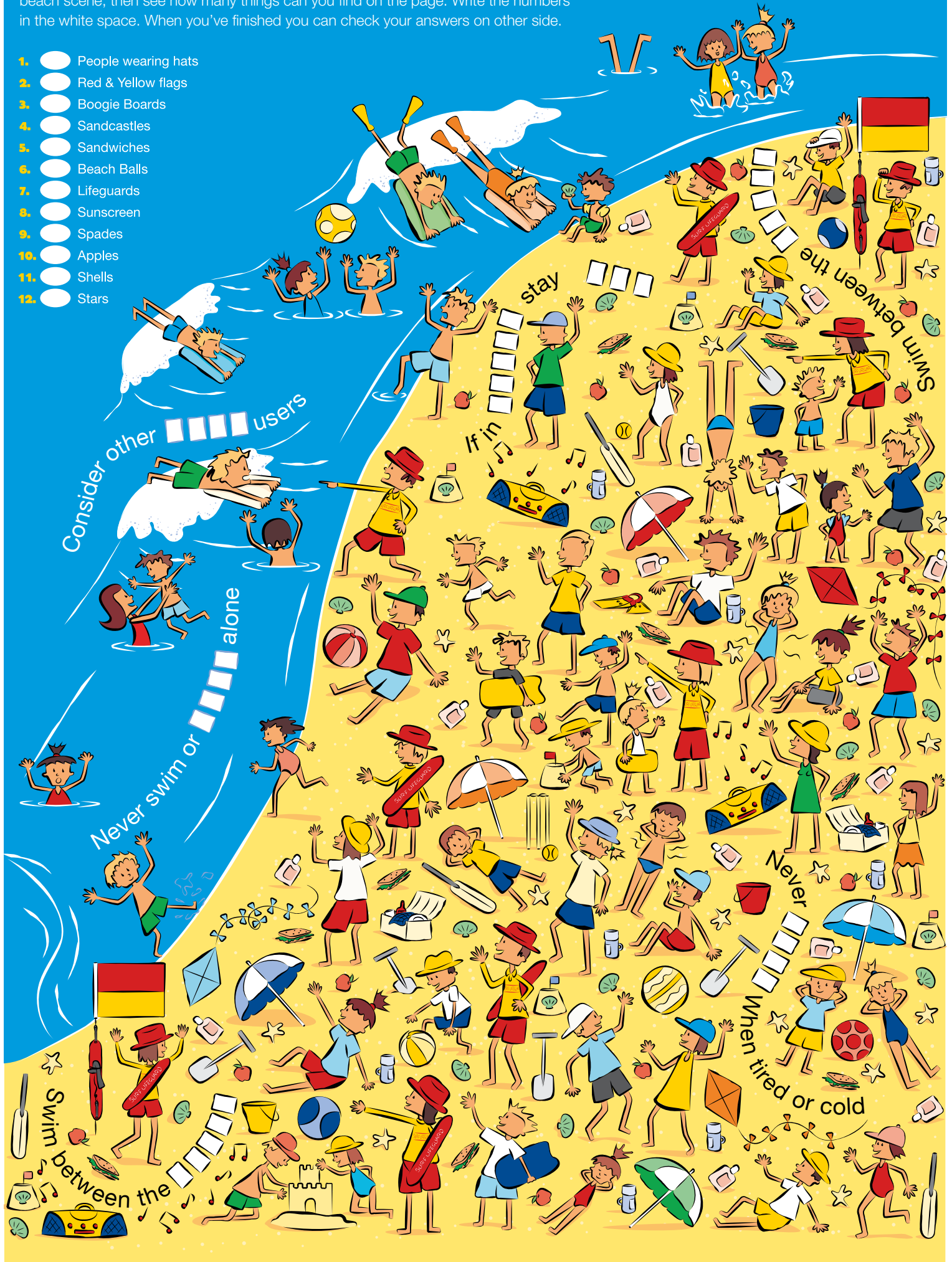
TOP TIP: Snap a whanau picture under the tree

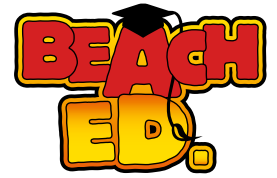


BEACH HUNT

INSTRUCTIONS: Fill in the white gaps to complete the rules hidden amongst the beach scene, then see how many things can you find on the page. Write the numbers in the white space. When you've finished you can check your answers on other side.

1. People wearing hats
2. Red & Yellow flags
3. Boogie Boards
4. Sandcastles
5. Sandwiches
6. Beach Balls
7. Lifeguards
8. Sunscreen
9. Spades
10. Apples
11. Shells
12. Stars





SURF ED

10 RULES TO KEEP YOU SAFE IN THE SURF

1 SWIM BETWEEN THE FLAGS

At a patrolled beach Surf Lifeguards have checked the conditions and put the red and yellow flags in the safest place to swim or play.

2 HAVE AN ADULT WATCH OVER YOU

Whenever you are at the beach, river or swimming pool, make sure you have an adult watching over you who will help you and keep you safe.

3 LISTEN TO THE ADVICE FROM SURF LIFEGUARDS

The Surf Lifeguards at the beach know all about the beach and the sea! Listen to what they have to say so you can have fun and keep safe at the beach.

4 NEVER SWIM OR SURF ALONE

When you head into the water, you need to make sure that you have someone with you so you can help each other stay safe in the surf.

5 IF IN DOUBT STAY OUT

If you are at a beach without Surf Lifeguards and you think the water is not safe to go in, stay out.

6 BE SUNSMART

A sunny day at the beach is great – but to avoid harmful damage from the sun, remember to ‘Slip, Slop, Slap and Wrap’ – for more SunSmart information go to www.sunsmart.co.nz

7 LEARN TO RECOGNISE RIP CURRENTS

Rip currents at the beach are dangerous! WaveWatch is a booklet that is a simple guide to rip currents and what to do.

8 ALWAYS USE THE CORRECT AND SAFE EQUIPMENT

Making sure that you have the right equipment is important for any outdoors activity. If you are at the beach you need to make sure that you use your boogie board with a leash and fins.

9 NEVER SWIM WHEN TIRED OR COLD

If you know you are tired or are cold then don't head out into the surf. Being tired or cold means that you are less able to recognise dangers and keep yourself safe in the surf.

10 CONSIDER OTHER SURF USERS

When you are in the water you are usually around other people. It is important to watch out for others to keep you injury free and safe in the surf.

To find out more about Surf Life Saving go to www.surflifesaving.org.nz

* Use these rules to complete the activity over the page

