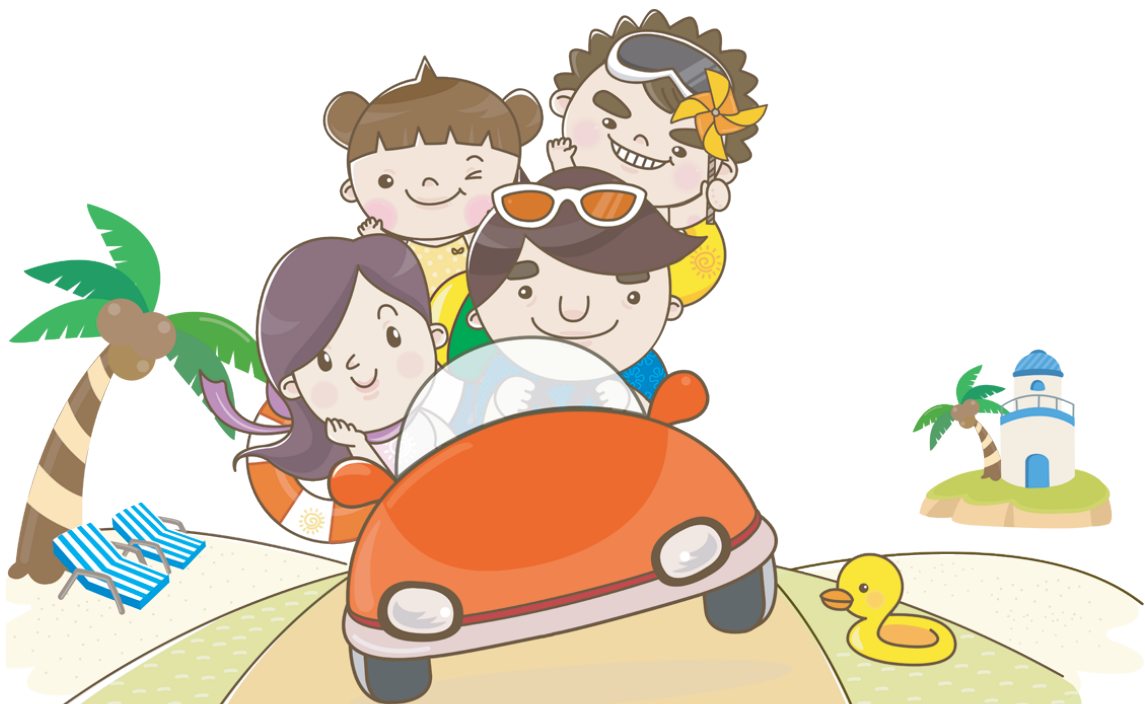


FREE FAMILY ACTIVITIES

McLaren Falls, Omanawa

FUN IN THE SUN



McLaren Falls, Omanawa

FUN IN THE SUN

Self Portrait

Using only the natural resources that you can find on the ground, make a self portrait

TOP TIP: Seaweed makes a great hair do



Treasure Hunt

a) What do the park rangers call the three trees called located on the Rimu-Totara Track (tip - they might be siblings)?

b) How many sheep can you count around the park?

c) Locate the point named after a city in the Waikato (tip - you might need to look at a park map).

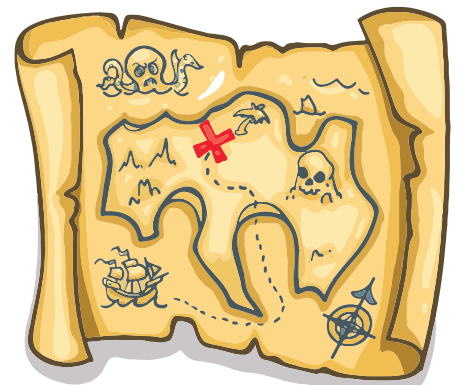
It is called _____ Point

d) Take a closer look at the names on the trees. How many native New Zealand trees can you identify?

e) Can you find the bay that is named after a fruit?

f) I glow at night and can be found in a cave at McLaren Falls. What am I?

g) Locate the Pine Tree Knoll Lookout. What can you see from the top? Take a photo to show us!



McLaren Falls, Omanawa

FUN IN THE SUN

Disc Golf

Spread the word and get a crew together for a game of disc golf located within the park

TOP TIP: The Information Centre can point you in the right direction



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!



McLaren Falls, Omanawa

FUN IN THE SUN



Tidy Kiwi

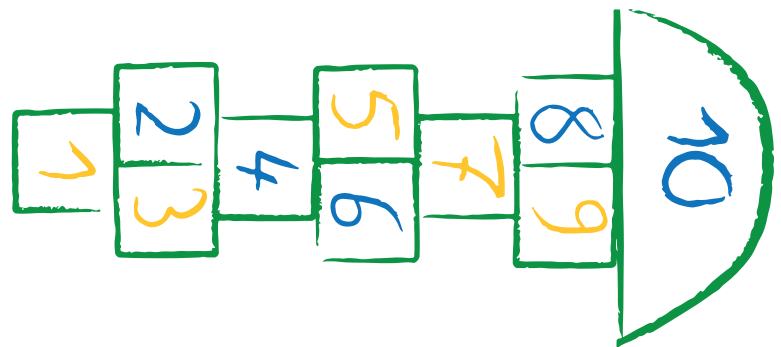
Be a tidy kiwi – If you see any rubbish as you complete Fun in the Sun activities please pick it up and put it in a rubbish or recycling bin

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

McLaren Falls, Omanawa

FUN IN THE SUN

Walking Explorer

Pick a trail, pack a picnic and head off for an afternoon of exploring

What natural treasures can you find along the way?
Take a picture and show us!



Water Safety

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

Fill in the blanks with these questions about water safety

"Never _____ when tired or cold"

"If in _____ stay out"

"Never Swim or _____ alone"



McLaren Falls, Omanawa

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

Raft Challenge

Using only items of nature found on the ground, make a raft.

Can you get it to float?

TOP TIP: Remember to be a Kiwi conservationist and only use materials found on the ground that are not living plants



FREE FAMILY ACTIVITIES

Waihi Beach

FUN IN THE SUN



Waihi Beach

FUN IN THE SUN

Sand Family

Build a life size sand family

TOP TIP: Seaweed makes a great hair do



Treasure Hunt

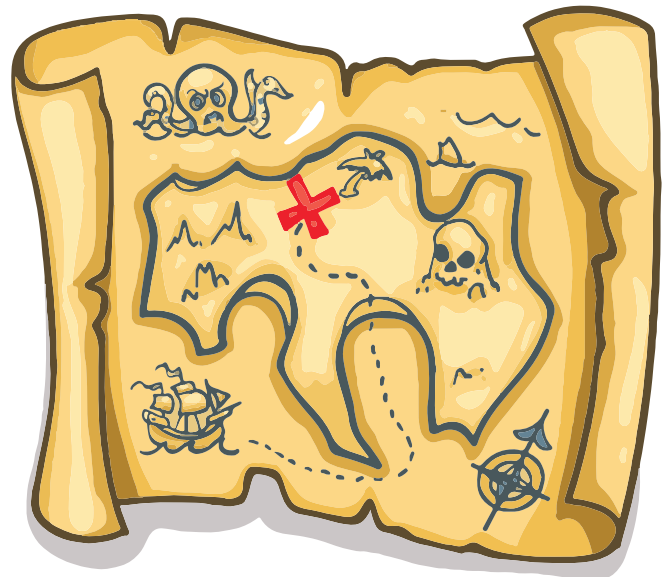
a) How many steps are there on the Trig Walk
(tip - check out the Bucket List at
Waihi Beach Top 10 for a clue)?

b) Can you find the famous castle of Waihi Beach
(tip – it is where children go to play)?

c) There is a mural next to the Surf Club.
What is it a painting of?

d) How many IRBs can you see at the Surf Club?

e) What special treasures can you find lying
or hiding in the sand on the beach?



Waihi Beach

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!



Waihi Beach

FUN IN THE SUN



Tidy Kiwi

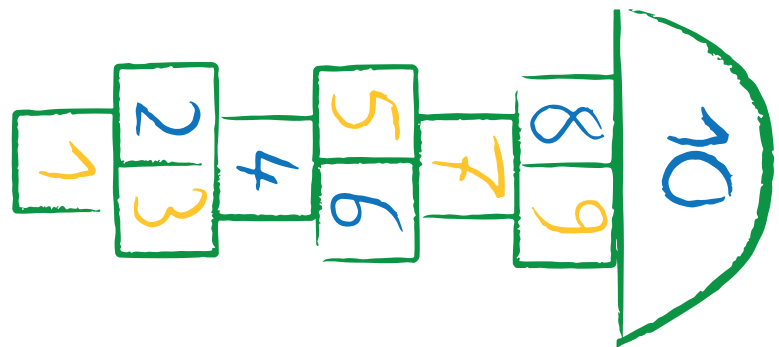
Be a tidy kiwi – If you see any rubbish as you complete Fun in the Sun activities please pick it up and put it in a rubbish or recycling bin

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

Waihi Beach

FUN IN THE SUN

Walking Explorer

Pack a picnic and head off for an afternoon of exploring at Orokawa Bay

What natural treasures can you find along the way?
Take a picture and show us!



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

Waihi Beach

FUN IN THE SUN



Kiwi Conservationist

Make a quick video about being a clever Kiwi conservationist

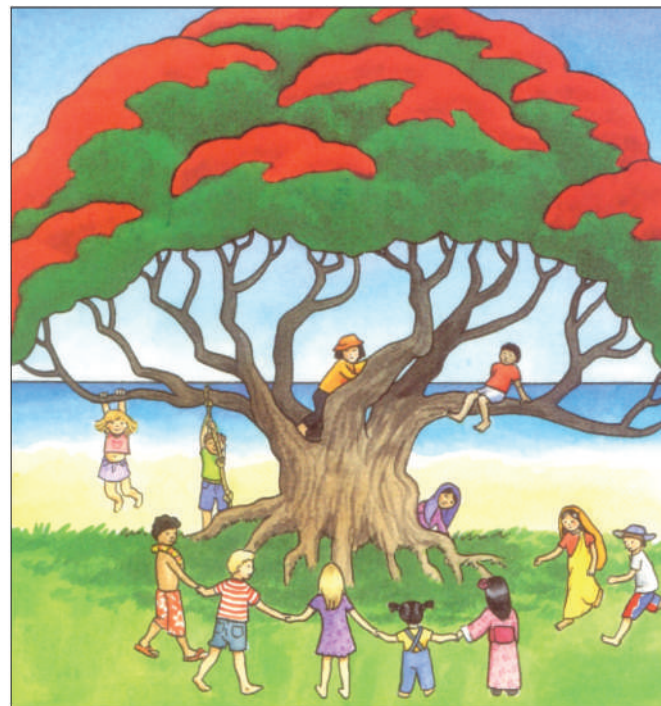
TOP TIP: Conservationist = a clever Kiwi who protects and looks after the environment and wildlife

Christmas Tree

There is a park named after New Zealand's Christmas tree.

Can you find it? Take a picture when you do!

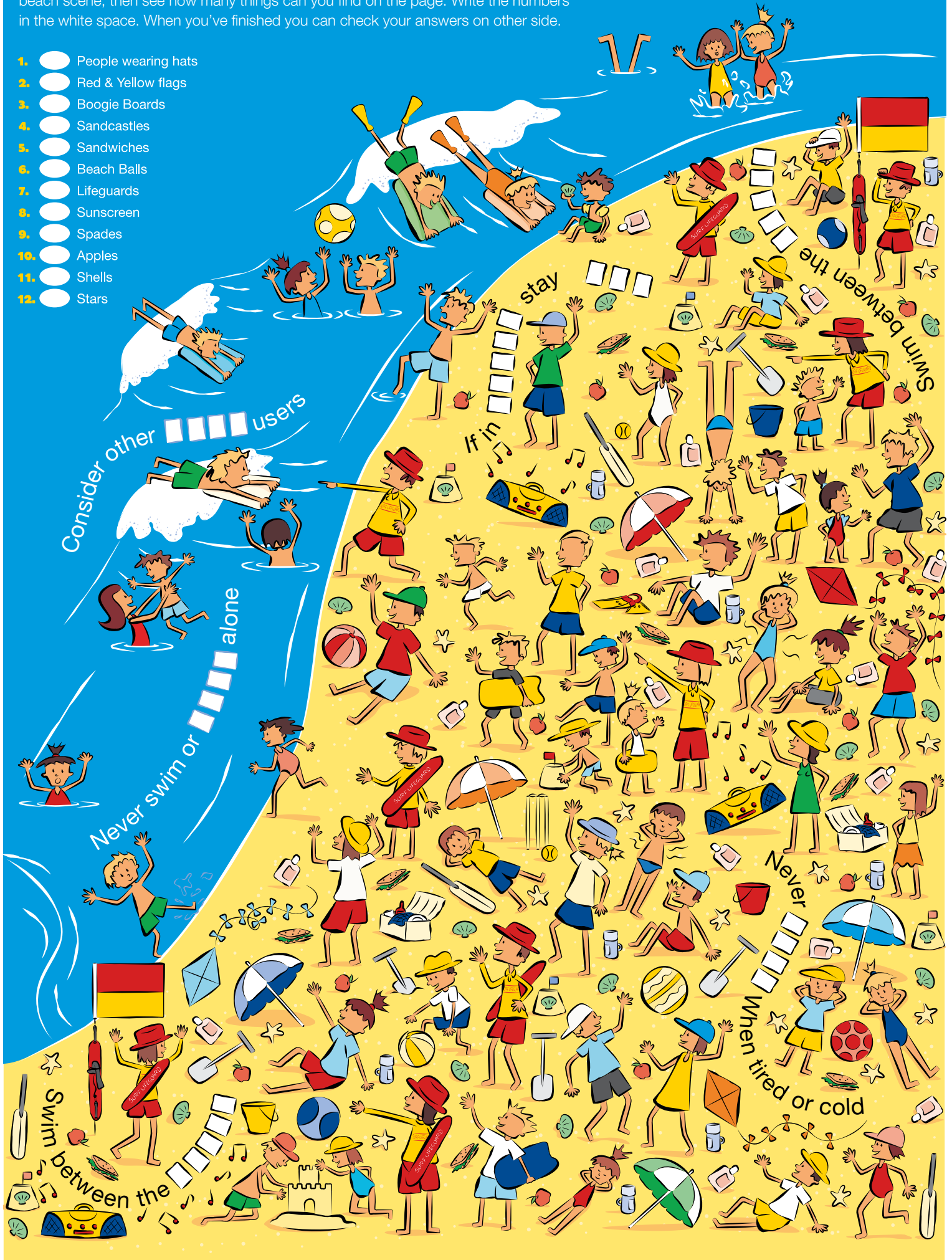
TOP TIP: The tree has red flowers

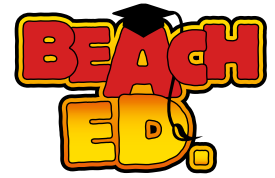


BEACH HUNT

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

