

WhaiRawa NGĀ TAHU

Ngā  
Kaitiaki  
Moni  
MONEY GUARDIANS

# WHAKATAETAE HĀKINAKINA

## Ngā Kaitiaki Moni

### sports challenge



Nau mai tamariki mā!

Your next challenge is here!

The weather is getting warmer  
and it's time to get active!

We have some fun activities for you to  
complete with your friends and whānau.  
Are you ready for some fun?

Complete them all and you could  
win some mīharo prizes!

Entries close  
20th October!

#### How to enter

There are 5 different challenges for you  
to complete. Upload your entry to our  
Wero website page. For each activity you  
complete you go in the draw to win a mīharo  
prize, AND if you complete all of the  
challenges you will get yourself in the draw  
to win the main challenge prize pack!

Entries close 20 October 2024.

Send in your entries on the challenge page  
[www.whairawa.com/tamariki/  
sportchallenge](http://www.whairawa.com/tamariki/sportchallenge)

### BE IN TO WIN!

#### MAIN PRIZE

Frizbee Golf +  
\$50 Rebel Sport Voucher +  
Ngā Kaitiaki Moni Kids Tshirt

For each challenge you  
enter go in the draw to win  
a \$25 Rebel sport voucher  
AND if you complete all the  
tasks you will go in the  
draw to win the challenge  
prize pack!



Worth  
over  
**\$100!**

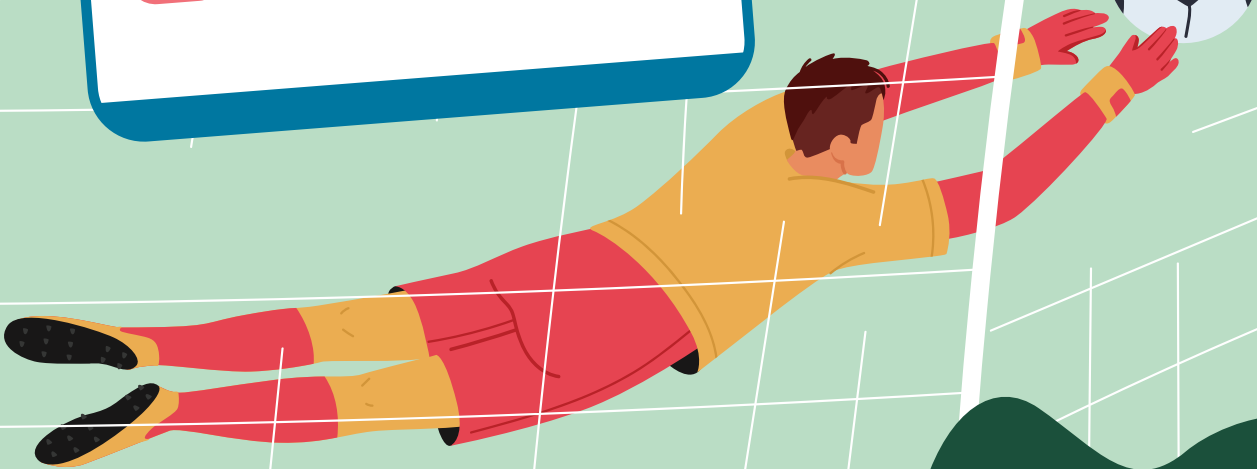
# TIME TO GET CREATIVE!

[www.whairawa.com/tamariki](http://www.whairawa.com/tamariki)

## IDEAS FOR YOUR NEW RULES

- Rugby but you can only pass to your left!
- Netball but you can only bounce pass
- Minecraft but you can only build things that start with the letter K
- Football but you can only kick the ball with your left foot!

Design some new rules for a sport or game that you play regularly. Write down the rules and try it out with your whānau, friends or both!



### ENTER ON-LINE!

[whairawa.com/tamariki/sportschallenge](http://whairawa.com/tamariki/sportschallenge)

You can either send it to us by taking a photo of your writing or take a photo of you playing it and add it to the challenge page.



# RECIPE TIME

Time to get into the kīhini (kitchen) with your whānau and make your own healthy energy bars.

## ENERGY BARS (DF, NUT FREE)

### INGREDIENTS

- 1/2 cup unsweetened coconut
- 2 1/3 cups oats
- 1/3 cup pumpkin seeds
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 cup raisins or dried cranberries
- 1/4 cup mini chocolate chips plus 2 tablespoons for topping

### OTHER TOPPINGS

You can add your own favourite variations, including dried fruit, sweets or even rice bubbles!



### ENTER ON-LINE!

[whairawa.com/tamariki/sportchallenge](http://whairawa.com/tamariki/sportchallenge)

Send us a photo of your creation!  
You can try this idea here or  
make something else you like.



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RUA

### METHOD

- 1 Line a 20x20cm tray with baking paper and spray with nonstick cooking spray.
- 2 Place the coconut in a small pan and cook over medium low heat, stirring occasionally, until light brown and toasted. Watch it closely so it doesn't burn!
- 3 In a large bowl, combine the coconut, oats, pumpkin seeds, cinnamon, salt.
- 4 In a small pot, combine the honey and coconut oil. Cook over medium heat until the coconut oil is melted, and the mixture starts to bubble. Remove from the heat and stir in the vanilla extract.
- 5 Pour the mixture over the dry ingredients and stir until the mixture is moistened. Let sit for about 5 minutes. Stir in the raisins or dried cranberries and 1/4 cup mini chocolate chips.
- 6 Transfer the mixture to the prepared pan. Use a spatula to evenly spread the mixture into the pan. Firmly press the mixture into the pan with your clean hands.
- 7 Sprinkle the remaining chocolate chips or toppings of your choice over the top of the bars and gently press them into the top of the bars.
- 8 Cover the pan and refrigerate for at least 2 hours. When the bars are completely chilled, use the parchment paper to lift the bars out of the pan. Cut into bars or squares and enjoy!

# SCAVENGER HUNT




## WHICH IS YOUR KAITIAKI?

We've made a scavenger hunt list for each kaitiaki. Take a walk around the neighborhood or your local park and try to find all the items on your list.

TORU

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### TE HAU

-  A feather or shell
-  Something lighter than an egg
-  Something kikorangi coloured

### MARAMA

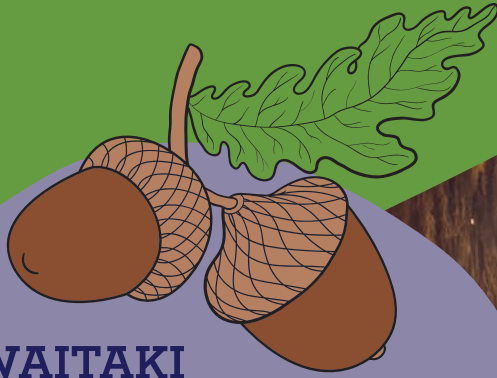
-  Something shiny
-  Something kōwhai coloured
-  A stick that is longer than your hand






## ENTER ON-LINE!

[whairawa.com/tamariki/sportschallenge](http://whairawa.com/tamariki/sportschallenge)

Once you have found them all, take a photo and send it through to us.



## WAITAKI

-  Something that has grown on a tree
-  Something round
-  Something waiporoporo coloured



## TĀNE

-  Three different types of leaves
-  Something you can recycle
-  Something kākāriki coloured

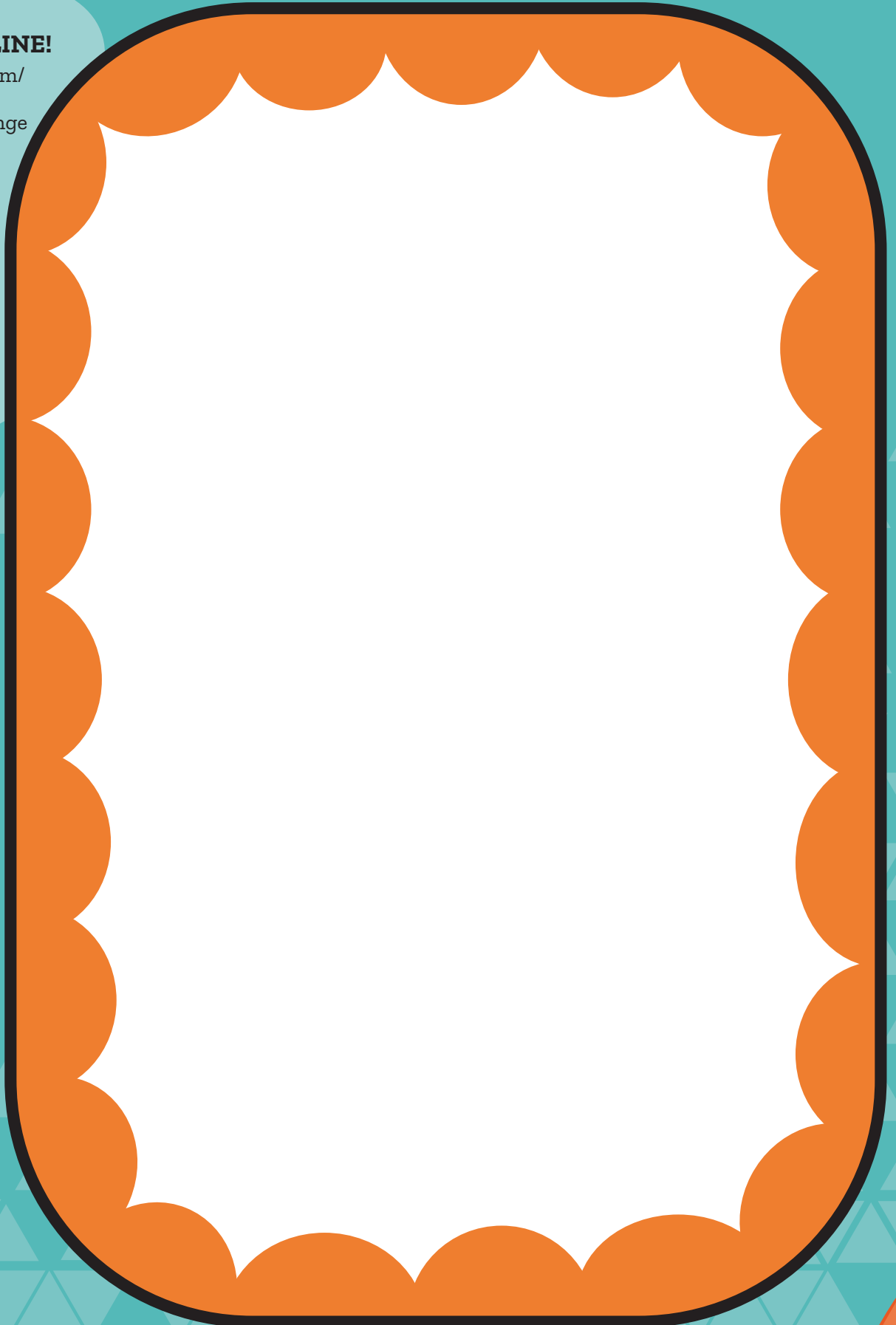
# DRAW YOUR FAVOURITE ATHLETE

Who is your favourite athlete? Draw a picture of them in action... they could be playing with their team, in front of a big crowd or even practicing with you!

## ENTER ON-LINE!

[whairawa.com/  
tamariki/  
sportschallenge](http://whairawa.com/tamariki/sportschallenge)

*Take a photo of  
your drawing and  
upload it to our  
challenge page!*



# WHĀNAU FITNESS WORKOUT

Time to design a fun workout for your whānau to try together! Pick three of the below activities, or you can also design your own!

## IDEAS FOR YOUR WORKOUT

- » 10 star jumps
- » Non stop dancing for 30 seconds
- » 5 hops on your left foot/right foot
- » Jump like a frog 10 times
- » Spin in a circle 5 times
- » Touch your toes 10 times

WORKOUT



**ENTER ON-LINE!**

[whairawa.com/tamariki/sportschallenge](http://whairawa.com/tamariki/sportschallenge)

Send us a photo of your whānau or friends trying out this activity to complete the challenge.

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RIMA

# BONUS ACTIVITY

## ACTIVITY MATCHING

Match the kupu Māori activity name with the English translation!

You may already do some of these with your friends or sports team at the moment. See how many you can match, you can ask your older siblings or parents for some tautoko (support) if you need it.

COOK/  
BAKE



Kanikani

BASKETBALL



Whakataetae  
Hākinakina



VIDEO GAME

FOOTBALL  
(RUGBY)



Kēmu ātea



DANCE

Whutupōro

Pāhiketepōro



SPORTS  
COMPETITION

Poitarawhiti

Tunu



NETBALL

Answers: Whakataetae Hākinakina - Sports Competition, Kanikani - Dance, Pāhiketepōro - Basketball, Kēmu ātea - Video Game, Tunu - Cook/Bake, Whutupōro - Football (Rugby), Poitarawhiti - Netball.

Find us online at [www.whairawa.com](http://www.whairawa.com)

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