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Family
FRIENDLY

ACTIVITIES

IN UPPER



HUTT

52



Here's a handy list of fun activities for the whole family, one for every week of the year! There's heaps of practical ideas that you can do with your kids for little or no cost – and best of all, it's helping to make your family healthy and spend positive time together.

So ditch the TV, turn off the mobile and get the whole family to focus on a joint activity, just one night a week. Challenge yourself (and your kids!) to come up with new ideas for next year's booklet.

We've provided some little pictures beside each activity to let you know whether they are inside or out of doors, whether they would be appropriate for people with disabilities (or pushchairs!) and whether there may be some cost involved. Remember, depending on the kind of disability, some activities that do not have an icon may in fact be suitable. Along with deciding what is appropriate for the age groups of your kids, suitability is something we're leaving up to you to decide.

Here's the key



= **indoors**



= **outside**



= **accessible**



= **attracts some cost**

Now all you have to do is decide which activity you'll do first! You don't have to do them in order, but we would love to hear which ones you particularly liked – you can give us feedback on **community@uhcc.govt.nz**

For even more ideas on what to do with your family in Upper Hutt, go to the i-site Visitor Centre on Main Street.

1 ➡ Global Food Night



Choose a country, and theme your dinner around it. Get the kids to research the food from that country, and make sure everyone gets to choose something to contribute to the meal.

For example if you picked Italy – you could make your own garlic bread (grab a ciabatta loaf, some margarine & some crushed garlic), create your own Italian inspired pasta (pasta tubes, olives, pasta sauce, mince and herbs). Finish the meal by making your own tiramisu with coffee soaked sponge fingers, plain greek yoghurt and grated chocolate.

2 ➡ Pantry Treasure Hunt



Make reading labels interesting. Decide on an ingredient that you have to find in 3 different foods – for example oats – & get everyone to find different products containing that ingredient in the pantry.

3 ➡ Make Fruit Kebabs



Cut up lots of different fruit & put them on bamboo sticks – add marshmallows for an extra treat!

Use yoghurt as a dipping sauce – Voila! A healthy dessert!!

4 ➡ Make Your Own Hamburger Tower



Make your own hamburger patties by combining lean beef with sweet chilli sauce, a handful of porridge oats, a chopped onion, minced garlic & an egg to bind it together.

Lightly fry these patties & layer them up with wholemeal rolls, salad leaves, beetroot, slices of cheese and slices of tomato – yum!

5 ➡ Go Fishing and Have A BBQ



Make vegetable kebabs with courgettes, mushrooms, peppers & tomatoes, then cook the fish that you have caught on the barbeque or bonfire (make sure you have a permit to light a bonfire if it is away from your own home!)

6 ➡ Make Healthy Fruit Smoothies



- ~ A cup of trim or slim milk
- ~ A cup of low fat yoghurt
- ~ 2 bananas
- ~ A cup of frozen or fresh berries

Whizz it all up in a blender – challenge the kids by trying to make different coloured smoothies and getting them to figure out what fruits or veggies you need to add to make that colour.

7 ➡ Supermarket Challenge



Make a list of items to buy & give the children only \$5. The challenge is that they have to buy everything on the list for \$5. This will encourage them to add & subtract as well as teach them the cost of different foods. Examples of things to have the list include: A piece of fruit, a drink, a carrot, a tin of soup, a bread roll.

8 ➡ Blindfold Food Test



Guess the food you are eating while blindfolded!

All participants are blindfolded.

Each person is given a piece of food & they have to guess what it is by:

- ~ Smelling the food
- ~ Touching the food
- ~ Tasting the food

Examples of things to try include...

- ~ Different types of fruit & vegetables all cut up
- ~ Nuts (ensure no one is allergic to them first!)
- ~ Crackers
- ~ Dried fruit
- ~ Bread
- ~ Cheese

9 ➡ Make a Pizza Together



Make a pizza base – or buy a ready made one. Small pita breads are great for making individual pizzas!

Have lots of different things chopped up & ready to go on the pizza:

This can include:

Spinach, tomato puree, different cheeses eg camembert, feta or mozzarella, lots of different vegetables and different meats, pineapple.

10 ➡ Plan a Menu Together



Go to www.healthyfood.co.nz & download a copy of their menu planner

Allow everyone to have one day in the week that they get to plan the menu for that day.

Have a few guidelines based around healthy eating – such as each day must include 5 pieces of fruit & vegetables.

11 → Silverstream Golf Driving Range



Take the family to the under cover driving range for an hour of fun.

You can hire clubs and balls at the range.

County Lane Silverstream Upper Hutt

12 → BMX Riding with Hutt Valley Thunderbolts



Go riding on the BMX track situated in McLeod St, Upper Hutt.

Mum and Dad are welcome to have a go also!

The club season runs from September to May.

Non-registered riders are encouraged to have a go for \$2 entry up to 3 times on club days. This is a great way to get a feel for the sport before joining up.

For more details email info@hvtbmx.wellington.net.nz

www.hvtbmx.wellington.net.nz

13 → Indoor Roller Skating



This is a great way to spend an afternoon with the family.

We are lucky to have a great facility like this in Upper Hutt.

PUBLIC SESSIONS... Want to try out skating for yourself? Public skating sessions are held each Saturday between 3.00pm and 5.00pm from mid February to mid December, and each week day during the holidays between 1.00pm and 3.00pm.

Entry to the rink and free skate hire \$6.00

Entry to the rink with blade hire \$9.00

Adults skating with children under 12 are admitted free.

Rink Address **34B Goodshed Road Upper Hutt. Phone 04 939 0507**

14 ➔ **H²O Xtream**

Visit H²O Xtream with the family and experience a fun filled, action packed aquatic day out. As one of New Zealand's premier leisure facilities you can do it all!

Three Exciting Hydrosides...

Grab an Xtream slides pass for unlimited rides on the best hydrosides around. Got a need for speed? Launch yourself down the 8 metre vertical drop of the Xtream Speed slide...take on the twists and turns of the MasterBlaster or face the ultimate challenge of our premier hydroslide 'Darkness Falls'. It's a massive 66 metres of pitch black darkness with heart pumping sharp turns and steep drops - are you brave enough?

Email h2oxtream@uhcc.govt.nz www.h2oxtream.com

15 ➔ **Disc Golf -
Harcourt Park, Akatarawa Rd**

Give this ago if you love to throw things! We have an 18 hole course ready for you to use right here in Upper Hutt, all you need is a frisbee!

Disc Golf is played much like traditional 'ball golf'. Instead of a ball and clubs, players use flying discs, or Frisbees. A golf disc is thrown from a tee area to a target, which is the "hole". The hole can be one of a number of disc golf targets; the most common (and preferred) is called a Pole Hole, an elevated metal basket.

www.discgolf.co.nz

16 ➔ **Seido Karate**

Have you ever wanted to try a martial art? Now you have a chance to come and trial a class or two with us. Seido Karate is for all ages.

For more information Phone 971 4208 or 027 444 1275

We are situated at the Martial Arts Academy 18-22 Queen St, Upper Hutt

17 ➔ Barton's Bush Walk



A flat easy walking track through the bush for all the family to enjoy. Approximate walking time 30 mins. There is a playground and public toilets nearby.

Situated at Trentham Memorial Park, Upper Hutt.

18 ➔ Anita's Dance Academy



Your chance to dance like the "stars": Jazz, Ballet, Tap, Hip Hop, Ballroom, Latin and many more styles for you to choose from. There is something here for all the family from the wee ones to teenagers through to the grandparents.

Contact Anita for more details 04 5270384.

19 ➔ Homemade Juggling Balls



They cost next to nothing and look great, and they're perfect for learning how to juggle.

1. Pour about half a cup of rice* into an empty water or soft drink bottle (if you don't have a funnel, make one from the top of a second bottle).
* The size of your juggling balls depends on the amount of rice you use.
2. Inflate a balloon to about the size of a grapefruit, twist the neck and stretch it over the neck of the bottle.
3. Turn the bottle upside down so all the rice falls into the inflated balloon – then remove the balloon from the bottle and let it deflate.
4. Cut the neck off the balloon – the rice will stay in the balloon
5. Cut the neck off a second balloon and stretch it over the hole to seal the rice into your juggling ball.

You could use the ball like this, but they look heaps better if you add more balloons for some patterns and colour.

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6. Cut the neck and a piece of the top off a third balloon and stretch it over the ball to get a single stripe of colour.
7. You can cut lots of very small holes in a balloon by pinching it between your finger and thumb and carefully cutting off the tips – remove the neck and stretch over a ball to make spotty patterns.
8. Done! You've just made some fantastic juggling balls... now all you have to do is learn how to juggle.

Did you know that most people can learn to juggle three balls in about 30 minutes? It's true! All you need are the right type of balls to practice with and a good instructor. Apart from being fun and very impressive, juggling is excellent for your hand-eye coordination and fitness. If you watch a really good juggler, you'll notice they don't look directly at the balls and almost never at their hands. They use their peripheral vision instead. Peripheral vision is everything you can see that you aren't looking at directly.

Check out this website to learn how to juggle...

www.frontiernet.net/~steve_glimpse/juggle1.html

20 ➡ Tunnel Gully Walk



Head up to Tunnel Gully and have a family walk through this historic Upper Hutt site. There are a choice of tracks including Tane's Track, Tunnel Track and Mt Climie.

Named for its link with the historic Rimutaka Railway between Wellington and the Wairarapa, it features the 221m long Mangaroa Tunnel, built between 1875 and 1877. The tunnel's working life ended in November 1955 when the new Rimutaka Tunnel was opened. The shallow water of Collins Stream at the Tunnel Gully Recreation Area is ideal for paddling and swimming for young children.

How to get there: The Park is situated at the end of Plateau Road, Te Marua, Upper Hutt.

21 ➡ Riverbank Run or Ride



The Hutt River Trail is a link from Birchville right down to Petone. Its full length is 29km. Go down to the section of the river nearest to you, walk or ride in either direction and enjoy one of the most prominent scenic sites in Upper Hutt, the river. This is a great opportunity to educate your children about the river, the surrounding environment and Upper Hutt history.

22 ➡ Family Physical Activity Challenge - Push ups



In the advertisement breaks of a TV show that the whole family watches, have a push up challenge and see if during one ad break the family collectively can get to 100 push ups, and over the whole program get to 300.

23 ➡ Cannon Point Explore



Have a family outing for an afternoon and explore Cannon Point. Highlights include native bush, the historic Birchville Reservoir and spectacular views of the Hutt Valley.

24 ➡ Maidstone Park Lookout



Walk up to the lookout above Maidstone Park. Soak in the views of our beautiful city and point out the many features to your children.

25 ➡ Kaitoke Regional Park Camp Out



Camp out in Kaitoke Regional Park overnight with the whanau. Surrounded by the steep bush-clad hills and the river this is a perfect venue for a weekend away. Explore the area's features including the site for filming of Rivendell, the elf village in the Lord of the Rings movie.

26 ➡ Home Gym



Make your own home gym equipment with the family. Some ideas include using cans of fruit attached to a broom stick for weights bars, using chairs as benches and making use of walls for squats. Include the whole family in the creative process and then have a go with your new exercise circuit.

27 ➡ Sports



Join a new sports club with the family for the new season. Call the Activation team at UHCC for ideas, or look on line at the Community Directory.

28 ➡ Ride the Valley



Ensure all the bikes are safe, and then take an afternoon to ride through the scenic Whiteman's Valley. This area of Upper Hutt is often not utilised by members of the public who don't reside there. Take the time to get to know the area and you might be surprised how wonderful it is.

29 ➡ Kingsley Heights Run



Take an hour out of your day and challenge the family to run to the top of Kingsley Heights. A short, but very steep race!

30 ➡ Flip a Coin Cycle Ride



Ride your bicycle from home with the rest of the family. At each intersection flip a coin. Heads means turn right, tails means turn left. If the street is a dead end turn around and go to the next intersection. To make it more interesting have a list of items you must find on the way – as you collect them check them off the list. Item ideas include, empty coke can, chocolate wrapper, flowers, advertisement.



31 ➡ Library 'How To' Books



Go to the Upper Hutt Library and look for a 'how to' book. Select with the family which activity to complete and then head off home to try it out. If you're stuck for ideas, ask the friendly Library staff.

32 ➡ Neighbourhood Parks



Upper Hutt has over 70 parks! Find your nearest, then walk down with the family (and dog if you have one). Examples include Clyma Park, Pinehaven Reserve, Oxford Park. Have a couple of games kicking a ball around or playing tag. Go to the i-site Visitor Centre and find the map of all the parks – go and visit some you've never been to!

33 ➡ Rent out Active Video Games from the Video Store (Wii, i-Toy etc)



Go to the local video store and rent out an active game. Spend a weekend challenging different members of the family at Wii and i-Toy.

34 ➡ Kaitoke Country Gardens Adventure



Pack up the car and drive up to Kaitoke Country Gardens. Visit the café and take a walk around the beautiful surroundings. There's all sorts of activities you can do there!

35 ➔ Tube/Raft/Swim in River



Challenge yourself during the summer months to put together a raft with the children out of wood and tyres. Take the raft (or just yourselves) down for an afternoon to one of the many swimming spots along our treasured river.

36 ➔ Family Challenge - Backyard cricket



Challenge the whanau to a New Zealand favourite - backyard cricket. Ensure you set down the rules first so there is no confusion and remember – on the roof is out!

37 ➔ Visit the animals at Staglands



Head to Staglands and pay a visit to all of the animals. Remember to pick up your animal food at the reception so you and your family can feed the animals as you walk around.

38 ➔ Garage Trash to Treasure



Set aside a day to clean out the whole garage with your family. Anything that isn't needed any more - set aside in a pile. Once you have finished, the challenge is to create something weird and wonderful out of what you would otherwise throw out. Or you could flog it off on Trademe!

39 ➡ **Blueberry Picking in the Akatarawas**



Blueberries are a great ingredient for many recipes. Take the family up to the blueberry farm in the Akatarawas and pick enough to make heaps of tasty treats! Get each member in the family to vote on a recipe that uses blueberries and all have a go at making the winning recipe at home.

40 ➡ **Silver Stream Steam Railway Museum**



Take a trip back in time as you go and visit one of Upper Hutt's historical attractions. The Silverstream Steam Railway is one of the most comprehensive collections of operating steam locomotives and on most Sundays of the year they give demonstrations.

41 ➡ **Family challenge - Hill roll race, race rolling down the big hill at Harcourt Park**



At Harcourt Park, one of Upper Hutt's three main parks, there is a large hill in front of the sound shell. Challenge the rest of your family to a race rolling down the hill. After a few rounds, chill out and relax, play a few games in the park or have a picnic.

42 ➡ **Family challenge - Scavenger hunt in the back yard and house**



Set up a scavenger hunt in the backyard and through the house. Use pegs as the items to find and remember to note down where you have hidden them all so that if the kids don't find them, you can start playing hot and cold with them to get the last few.

43 ➡ Explore a new part of Upper Hutt you haven't been to before



Have a look at a map of Upper Hutt. If you don't have one, you can pick one up for free at the i-site visitor centre, or head online to the Upper Hutt City Council website and check out the Xplorer tool <http://xplorer.upperhuttcity.com/one>

Find an area on the map that you haven't been to before and take the family on an expedition... you never know what you might discover!

44 ➡ Bring a friend or family from outside Upper Hutt to one of our amazing parks



We have three main parks in Upper Hutt (Harcourt, Maidstone and Trentham Memorial) and a multitude of small neighbourhood parks. These parks are one of Upper Hutt's defining features. Call up a friend and ask them to bring their family out, meet them there and set up a few fun activities to participate in. Have a BBQ dinner, or picnic and enjoy your surroundings.

45 ➡ Ping Pong Ball Soccer



All you need is a table, a ping pong ball and a good set of lungs! Clear the dining room table, each edge along the short side is the goal. Players blow on the ball to make it move – no hands allowed. A goal is scored when the ball passes over the edge.

46 ➡ Crazy Snap



Same rules as the card game "snap" however when some cards match, you must complete the action below rather than 'snap' the cards.

King – stand up, salute and say "Hello Mr King."

Queen – 2 fingers on nose and say "Crazy snap snap"

Jack – put index finger in ear

5 – Say "Hey man there's a five" (but not allowed to point)

Ace – Slap hand on cards and head at the same time

Joker – point and laugh

Invent your own family rules to traditional games. For more ideas about card games or other indoor games, head to the Upper Hutt library.

47 ➡ Newspaper Tower Challenge



The challenge - build the strongest tower. Each member of the family is given a small amount of sticky tape and a roll of newspaper. The tower must be built higher than a ruler and young members of the family can be set lower limits. The aim is that the tower must be able to hold its own weight. Set a time limit of 15 minutes. At the end of this time start adding weights to each tower until they collapse. The tower that can hold the most weight before collapsing wins. Maybe the winner gets out of doing the dishes that night!

48 ➡ Bed Picnic



Grab the biggest mattress you have, put it in the lounge instead of the couch, throw on all the blankets and have dinner in bed, maybe watching TV or doing crossword puzzles together. This one works best in winter and is even better if you have an open fire in the room... maybe you could toast marshmallows!

49 ➔ Banana Surgery



Peel and cut several bananas evenly. Give each child a cut and peeled banana, a set of toothpicks, pins, tape, string etc (you decide what and how much), and they must put together the banana again using this material. Set a time limit and see who can get closest to completing the banana.

50 ➔ Home-made water slide



Find a long length of plastic (black polythene is good), lay sheet out on lawn, use some dishwashing liquid and water to make it slippery. Have turns running and sliding along the plastic – see who makes it the biggest distance. This one would work best in summer – unless you are doing it as a mid-winter Christmas challenge!

51 ➔ Blindfold Trail



Blindfold the children, set up a rope or twine going around, over, under obstacles in the backyard (or in your house if it's yucky outside). Put the children at the start of the rope and they have to make it to the end. How challenging you make it is up to you!

52 ➔ Alphabetical Digital Camera Night



If you have a digital camera, give it to the kids for a night and ask them to take photos of objects that start with the letters of the alphabet. They must find an object for each letter. At the end, put them onto a slide show and view what creative things they have come up with.

THANKS TO OUR SUPPORTERS...



Upper Hutt City



LIBRARY

