

Play Parachute *Mushroomies*



Play suggestion:

Invite tamariki to each take a place around the play parachute, evenly spaced. Working together, invite tamariki to lift the play parachute high, then bring it down gently behind and sit underneath to make a mushroom. Use this moment for singing, quiet breathing, or a short group conversation. This can become a calming transition activity that helps children feel connected and included.



What tamariki will learn:

- Cooperation and group participation.
- Spatial awareness and controlled movement.
- A sense of belonging, calm, and emotional wellbeing.



This activity supports Te Whāriki Mana Whenua | Belonging and Mana Atua | Wellbeing.

For more resources and activities, please visit:

nztertiarycollege.ac.nz/resources



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