



healthy**living**NT

Mini Movers Program

TeamHEALTH Family Minds Playgroup is pleased to host the Mini Movers Program, delivered by Healthy Living NT.

A Fun Movement Program for Little Ones (3–5 years)

Mini Movers is a 4-week program designed to help children build confidence in fundamental movement skills through fun, game-based activities.

Location: TeamHEALTH Family Minds Playgroup,
Unit 101/5 McCourt Road, Yarrowonga, NT

Duration: 4 weeks | 45 minute sessions
10:00am - 10:45am

Weekly Focus Area:

Week 1: Throwing & Kicking (21 April 2026)

Week 2: Jumping & Running (28 April 2026)

Week 3: Balance & Hitting (5 May 2026)

Week 4: Combination Activities (12 May 2026)

Healthy Living NT will also share practical tips to help families:

- Encourage active play at home
- Understand early childhood movement development
- Build confidence in supporting physical activity

For more information contact:

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