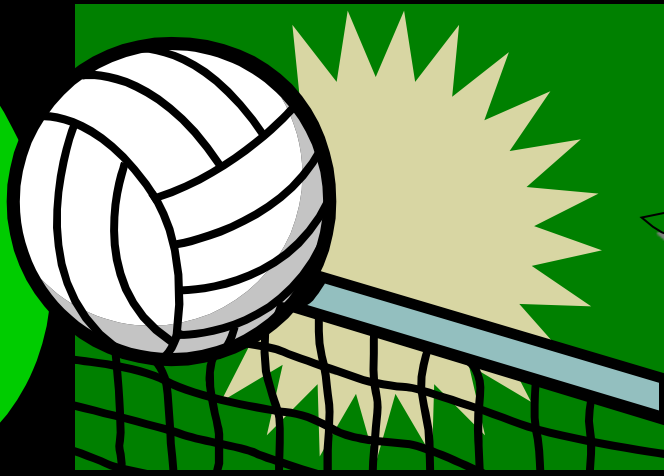


SUSTAINABLE GARDENS
& FUN DAY PROJECTS
ST JOHNS AVALON



LAKALAKA FE'UNGA MOE TAIMI



“Small steps fitting for the times”

- *Lakalaka is a traditional dance performed in Tonga. Some of its characteristics are:*
- *It is best performed by a mass of people*
- *Clear divisions of arrangement between the women and men*
- *While they sing from the same ‘song sheet’, their actions are different – with women more graceful and mostly standing and men’s actions more active, strong and range from rolling to standing*
- *They all depict small steps and the whole dance climaxes with the rhythm and tone of the song.*



















Improved lifestyle

- *Much more lively*
- *Open to more physical activity*
- *More alert*
- *A wider understanding of the importance of regular exercise and healthy eating*
- *More food variety served at home*
- *Wider knowledge of different fruits and Vegetables and healthy food preparations*







Ue'l ue'l

Youth fun day

















