

GLOBAL COMPETENCIES

Collaboration
Global citizenship and sustainability
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Markers
Pens/pencils
Chart paper
Scavenger Hunt

GUIDED HIKE

Secondary Level

Suitable for: PPL, PAF, PAI, PAD

ACTIVITY DESCRIPTION

Take your class on an educational hiking adventure at Blue Mountain! Your knowledgeable guide will walk students through the highlights and history of the region. Students will enjoy breathtaking views and plenty of opportunities to capture amazing photos along the way. Duration 1.5 hours

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



A1. participate actively and regularly in a wide variety of physical activities, and demonstrate and understanding of factors that can influence and support their participation in physical activity now and throughout their lives (A1.1, A1.2)

A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (A2.1, A2.2, A2.3)

A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (A3.1)

B1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities (B1.1)

B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities (B2.1)

C3. demonstrate the ability to make connections that relate to health and well-being - how their choices and behaviours affect both themselves and others and how factors in the world around them affect their own and others' health and well-being (C3.3, C3.4)

BEFORE YOU GO

Learning Goal

Students learn how mindfulness practice contributes to their overall physical and mental well-being.

Minds On Activity

- A mindful observation exercise is simple but powerful because it helps students notice, appreciate and connect with their immediate environment.
- Ask students to choose a natural object from within their immediate environment and focus on observing it for two minutes. This could be a flower or an insect, or even the clouds.
- Coach the students to do nothing but observe the object they are looking at.
- Ask students to think about all aspects of the object and to consider its energy, as well as its purpose within the natural world.

Action Activity

- Divide the class into small groups for a scavenger hunt.
- Provide each group with a collection container and a copy of the scavenger hunt blackline master (on page 3), which includes a list of items to be collected and questions to be answered.
- Encourage students to use their powers of observation during the scavenger hunt.
- Have student groups begin searching the designated outdoor area, staggering group start times by at least two minutes.
- Students must obey safety rules while outdoors and must stay within the designated area.
- Each group is allowed 20 minutes to find as many items and answers as possible. At the end of 20 minutes, they must then return to the starting point. Groups will be penalized one point for each minute that they are over the 20-minute deadline. The group with the most items and correct answers wins.

WHILE YOU ARE THERE

At Blue Mountain Resort

- During the guided hike, encourage students to use their powers of observation and to make connections between the physical, intellectual and social aspects of being outdoors that will help to improve their overall well-being.

ONCE YOU GET BACK

Consolidation Activity

Use these teacher prompts to lead a class discussion:

- *What were some things you noticed during the Guided Hike at Blue Mountain?*
- *How did you feel during the Guided Hike? Is this type of activity something that you could use to help yourself or someone else get through a stressful situation?*
- *What were some of the physical and mental benefits you experienced during the excursion? Can you see this supporting you during stressful situations as a student? Explain using examples.*

TEACHING NOTES

Action Activity - Scavenger Hunt

Group Name: _____

Goal: Find as many items on this list as possible during the 20-minute time limit.

Rules:

- *Groups must stay together at all times.*
- *Start at teacher's signal, then return to the starting point at the 20 minute signal.*
- *Groups that return later than the 20 minute limit, lose 1 point per minute.*
- *Groups must stay within the designated search area.*

List of Items/Answers to Collect:

1. *bottle cap* _____
2. *rock* _____
3. *piece of garbage* _____
4. *empty pop can* _____
5. *Student card* _____
6. *piece of wood* _____
7. *five different leaves* _____
8. *dandelion* _____
9. *How many basketball hoops are there?* _____
10. *How many light posts are in the parking lot?* _____
11. *The number of parking spaces along the east end of the school?* _____
12. *How many sets of bleachers are there?* _____
13. *The total number of windows on the school.* _____
14. *The number of portables?* _____
15. *What colour are your teacher's eyes?* _____

TOTAL POINTS: _____