

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

Selection of music
Headphones or earbuds
MP3 player device (phone, computer,
ipad)

GUIDED SNOWSHOE

Secondary Level

Suitable for: PPL, PAF, PAI, PAD

ACTIVITY DESCRIPTION

Students will explore the backcountry snowshoe trails of Ontario on a quiet adventure with picturesque views of the Niagara Escarpment. Experienced guides will walk your class through everything from snowshoe rentals and equipment, to identifying tracks made by the assorted wildlife species who call the surrounding wilderness home.

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 will learn to listen to sounds in a mindful way, focusing on the moment and letting go of past and future.

Minds On Activity

- Lead a class discussion about focused mindful listening.
- Teacher prompts may include:
 - *What are the characteristics of a good listener?*
 - *What skills are required to be a focused listener?*
 - *What strategies could you use to block out distractions?*

Action Activity

- Ask students to select a piece of music with vocals they have never heard before and listen to it through headphones with their eyes closed.
- Students should try not to judge the music by its genre, title or by the name of the artist. They should ignore any labels and neutrally absorb the sound for the duration of the song.
- Encourage students to explore the song by listening to the dynamics of each instrument, separating and analyzing each sound.
- Encourage students to focus on the sound of the vocals, range and tone. If there is more than one voice, students should separate and analyze them as they did with the instruments.
- After the listening activity, ask students to reflect on their experience with the following guiding questions:
 - *How did your body feel before, during and after?*
 - *How did you feeling emotionally before, during and after?*
 - *What skills did you use in order focus on listening?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Encourage students to use mindful listening strategies during their Blue Mountain snowshoe experience to support their physical, intellectual, social and emotional balance and enhance their overall well-being.

ONCE YOU GET BACK

Consolidation Activity

- Lead a class discussion to explore how students implemented mindful listening during the snowshoe experience at Blue Mountain.
- Teacher prompts may include:
 - *How did you feel physically and emotionally during the guided snowshoe experience?*
 - *What did you hear?*
 - *How did you minimize distractions?*
 - *What was the impact of using the mindful listening strategy during the excursion? How did it help you to connect to the outdoor experience?*
 - *What were some of the physical and mental benefits you experienced during the excursion?*