

## **AEver Active Academy Episode 3.5 Community Stroll Educator Guide**

**Summary:** Today's adventure has students visualizing a walk around their neighborhood to discover all the places and spaces where we can be active!

**Background:** This episode is inspired by the Ever Active resource called Explore your 2.4, which is available as a free digital download at [shop.everactive.org](https://shop.everactive.org). *Explore your 2.4 is a movement that aims to revive community walkability through youth engagement. Through an immersive, curriculum-aligned experience, youth are guided to first explore, then observe, and finally, engage with community spaces that are within a 2.4km radius of their home and/or school.*

### **Learning Outcomes**

Active Living: K1.1, 11.121.1, 41.1, 51.1, 61.1

Character Development: 33.1, 63.1

Healthy Relationships: K6.1, 16.1, 26.1, 56.2, 66.1

### **Preparation & Considerations**

- Display or make copies of the **visual guide** for this episode for students to follow along with and to support auditory learning with visual cues.
- Use the podcast script below for students who require a print copy.
- Appropriate for listening in a small or large space.
- If you have the ability to listen in a large space, you can play the episode on a speaker and have students “stroll” as they listen.
- This episode is 10:53 in length. If you choose to take a break during the episode or to divide listening into 2 parts, we recommend pausing the podcast at 5:58.

### **Key Vocabulary**

- Community
- Traditional territory
- Pathways
- Confidence
- Skating
- Snowshoeing
- Traffic
- Dance
- Playground
- Senses
- Connected
- Affirmations

## **Extension Ideas**

- Physical Education and Wellness Student Journal:
  - Pages: A1, A2, A3, A4, A5, A6, A18, A19, MSD1, HR3, HR4
- Go for a community walk with clipboards/paper/pencils and investigate the different spaces/surfaces/areas that promote physical activity.
- Have students draw a map of their community and investigate the different ways to be active.

## **Community Stroll Script**

Hey everyone! I'm PE Brady and I am excited to welcome you back to Ever Active Academy! We are going to continue exploring fun ways to move our bodies and connect with our communities. Today's adventure is a walk around our neighborhood to discover all the places and spaces where we can be active!

So, let's get ready to walk, ride or roll. Take a deep breath in... and a deep breath out... awesome. Let's do it.

Before we start, let's take a moment to think about the land we are on. This land has been home to Indigenous Peoples for thousands of years. Do you know whose traditional territory you're walking on today?

We are all treaty people, and it's important to recognize and honour the land we live and play on.

We can do this by learning about the history of the land, respecting nature, and being mindful of how we care for our community. Maybe you can get curious and learn a new story about the place where you live. What are some other ways we can honour this land together?

Alright, let's get ready to stroll. We look out the window and see snowflakes softly falling to the ground. Let's bundle up in some warm layers to make sure this walk feels comfortable. Do you have a bright coloured toque or coat to wear? Bright colours help you to be visible to others. Feeling warm and ready?

Let's start moving! Take a look around, what do you see?

Let's imagine walking through different parts of the community. There is a great system of shared pathways that will lead us to our first stop. These paths connect our community and are shared by people walking and rolling. People using bikes, scooters and wheelchairs use this path as well as people pushing strollers, walking or running. Be sure to stay to the right to give people the space they need.

At the outdoor rink, I see my neighbor, Mr. Lee, teaching his granddaughter how to skate.

Seeing Mr. Lee and his granddaughter remind me that we have a learn to skate after school program at my school. I bet I could volunteer to help out! I love hockey and skating is one of my strengths. Maybe I could help others to gain confidence and learn to love staking too!

I pass by the sledding hill, where a group of kids are zooming down in their toboggans, laughing.

I remember last summer when we rolled down this same hill in the grass.

Now I notice a big open field. I see a group of people playing fetch with their dogs and one person making big tracks with their snowshoes.

I remember seeing some of my friends running around and flying kites in this same space last summer. I've never flown a kite before—but maybe I should try! I make a mental note to ask my best friend if she wants to test it out with me in the spring when the snow has melted. I can't wait for the first windy spring day!

We will need to cross the street to check out the community centre. Make sure to look carefully and be aware of traffic. Alright...you know what to do...point - pause - and proceed. You make eye contact with a car that has kindly stopped for you and give them a wave to say “thanks!”

There are lots of cars in the parking lot at the community centre and I see someone loading up their car with a curling broom and a group of people walking in carrying yoga mats. I spot Ms. Jackson, the youth program coordinator and she waves to me. She seems pretty friendly. I walk up to the bulletin board and see a few posters advertising the activities inside. One says “Come join us for free hip hop dance classes on Tuesday after school!” I never thought about dancing before, but it could be fun. Who do I know that might want to try it with me?

At the playground, I see little kids climbing and sliding while their parents chat nearby. I smile, remembering all of the fun I have had on that equipment at recess time. Maybe we could come back and make up some obstacle course challenges.

An older man is sitting on a bench near the walking path. I ask him why he likes this spot. He says he comes here every morning and that it is his favorite place to stretch and get fresh air. Hmm...have you thought about how different people use the same spaces in different ways?

There are lots of opportunities to be active in our own communities.

Take a moment to create a picture in your mind of your own community.

What do you notice? Look around and use all your senses.

What sounds do you hear? The sound of cars whizzing by, kids laughing, or the wind in the trees.

What do you see? Are there places where people can move freely?

How do these spaces make you feel? Safe? Happy? Energized?

Noticing these things helps us understand how our community supports movement.

But what if there are places that need improvement? Are there crosswalks so kids can safely walk to school? Are there enough benches for people to rest? Is the playground accessible for everyone? Are there places to find shade in the summer?

Sometimes, there are small changes we can make to help more people enjoy these spaces.

Now that we've explored and observed, let's think about how we can make our community even better. What's one small change you'd like to see?

Maybe your park needs a new basketball net. Or the crosswalk near your school needs a pedestrian light. How can you make it happen?

Could you talk to your teacher or a city council member?

Could you help clean up a space that needs some care?

Even small actions make a big difference! Being part of your community means working together to make it better for everyone.

Let's take a moment to reflect. What is your favourite space in your community?

What is a new space you are curious about and would like to explore?

What ways can you be active in your community in the different seasons? Think creatively!

Who would you like to bring with you next time? A friend, a sibling, a grandparent? Sometimes, having company makes trying something new even more fun!

How does getting to know your community make you feel?

When we feel connected to the land, the people, and the spaces around us, it helps us feel safe, welcome, and excited to be active!

Exploring our communities helps us stay active and discover new ways to move.

Being a part of a community means looking out for one another and making positive changes together.

Connecting with the land helps us understand its history and take care of it for future generations.

Let's wrap up our time together with some affirmations.



Repeat after me!

“I am connected to my community”

“I can try new things with the support of my community.”

“My voice matters. I can speak up and make a difference.”

Thanks for joining me today! Until next time, keep moving and keep exploring! Bye for now.

***Thank you to Brady Newton, an educator based in Alberta, for narrating the Ever Active Academy podcast! Sound effects for this episode were sourced using Epidemic Sounds.***

---

Do you have feedback or questions? Please contact us by emailing [resources@everactive.org](mailto:resources@everactive.org).

**Thank you!**