

## Ever Active Academy Episode 3.4 A Wander In The Woods Educator Guide

**Summary:** This episode encourages students to visualize a wander in the woods! We connect with the land and appreciate the beauty around us as we move through the forest. Students are invited to move (leap, skip, jump, throw) throughout the episode.

### Learning Outcomes

Active Living: K1.1, 11.1, 21.1, 31.1, 41.1, 51.1, 61.1

Movement Skill Development: K2.1, 12.1, K2.2, 12.2, 22.2, 32.2, 42.2, 52.2, 62.2

### 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.
- This is an active experience, ideal for listening in a larger space with room to leap, jump and run.
- This episode is 9:22 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 4:42.

### Key Vocabulary

- Senses
- Grounded
- Resilient
- Leap
- Skip
- Throw
- Opposition
- Gratitude
- Affirmations

### Extension Ideas

- Physical Education and Wellness Student Journal:
  - Pages: A1, A2, A3, A4, A5, A6, A11, A18, A19, MSD1
- School Yard Obstacle Course: Use the natural features like hills and stumps as well as items like playground equipment to design an obstacle course for students. Better yet, have students design their own!
- Nearby Nature Walk: Take your class for a walk to some “nearby nature” like a group of trees and ask them to make observations of their surroundings using all of their senses.

## **A Wander In The Woods Script**

Hello, friends! Welcome back to Ever Active Academy. I am so happy you have joined me!

Today, we're heading out for a special adventure—a walk in the woods!

You are invited to move along with me, so when you hear this sound - that's your cue! Do what you can in a way that works for your body!

Are you ready? Follow me!

Take a deep breath in... and out. Ahhh. Do you smell that? The fresh scent of pine needles, damp earth, and fallen leaves fills the air.

Look around. The tall spruce and pine trees stretch high into the sky. Beneath them, moss and tiny plants cover the forest floor. A winding path leads us forward.

We have some time to stroll and engage our senses. Let's listen together.

Can you hear the chickadees calling out to one another? Listen closely.

Look at how the sunshine peeks through the branches, creating patterns of light and shadow.

Take another breath in. Can you notice the mix of smells—the fresh pine, the damp leaves, the soft scent of moss?

Reach out and press your hand against the bark of a nearby tree. How does it feel? Rough? Smooth?

Trees have stood in this forest for many, many years. Imagine all the people and animals they've watched pass through these trails. They stand tall through every season, offering shelter, shade, and a home for wildlife.

Even when the wind blows hard, trees stay rooted in the earth. We can be like trees too—strong, steady, and grounded.

Let's try something.

Stand with your feet planted firmly on the ground. Imagine you have roots growing from the bottom of your feet, reaching deep into the earth.

Now, gently sway your arms like tree branches moving in the wind. Feel how your strong roots keep you steady.

Bend your knees a little, widen your stance. Can you stay balanced even as the wind blows?

Great job! Like a tree, you are resilient.

As we continue down the trail, you feel a burst of energy! You're ready for an adventure!

Up ahead, a small log has fallen across the path. Lean in—look at the tiny ants crawling over it and the fungi growing along its bark.

Let's try leaping over it! Ready? Here's how:

- Leaping means you take off of one foot and land on the other.
- Maybe you back up a few steps and gather some momentum before you leap over the log!
- You've got this! Give it a try and remember to land softly.

Whew! You did it! That was fun! Let's keep moving.

Feeling energized, you start to skip! Skipping is a step-hop movement—let's try it together.

- Step forward and hop on the same foot.
- Now, switch feet—step, hop, step, hop.
- Swing your arms in opposition of your legs as you go.
- Lift those knees high!

Can you skip faster, like you're racing a friend?

Can you skip slowly, like you're moving through honey?

Let's pause for a moment. Place your hand on your chest. Can you feel your heart beating?

Take a moment to connect with your body and listen to what it is telling you.

After skipping, we arrive at a beautiful clearing. A small lake shimmers in front of us. The shore is covered in smooth, round rocks.

You bend down and pick up a rock, feeling its cool, smooth surface in your hand.

You and your family sometimes see who can throw a rock the farthest. Want to try?

- Hold it in the hand you like to throw with.
- Stand with your opposite foot a little ahead.
- Raise your throwing arm and bend your elbow so the rock is held up by your ear.
- Point your other hand at your target.
- Step forward with your front foot and swing your arm forward, releasing the rock!
- Follow through towards your target.

Watch as the ripples move across the lake... further and further out...until they disappear, and the water is calm again.

Perhaps you notice that you feel calm too.

You are a part of nature, and nature is a part of you. Every tree, rock, and bird contributes to our world in its own special way.

I feel so grateful for all the ways nature helps me feel strong, calm, and happy. How do you feel when you spend time outside?

We can take care of the land, just like it takes care of us. My friend told me that his family makes an offering of tobacco when they pick blueberries in the summer. They place the tobacco on the earth as a way of saying thank you and to promise that they will take only what they need, leaving enough for others.

There are so many ways we can show gratitude for nature and protect it.

Maybe it's by picking up litter, being kind to the plants and animals, or just saying "thank you" for the fresh air and sunshine.

Let's end today's adventure with some positive affirmations. Repeat after me:

"I am connected to the world around me!"

"I am grounded and resilient!"

"I can find peace in the quiet of nature!"

Thank you for joining me on today's walk in the woods. I hope you had fun exploring, moving, and connecting with nature.

Until next time, stay curious, 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.***

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

**Thank you!**