

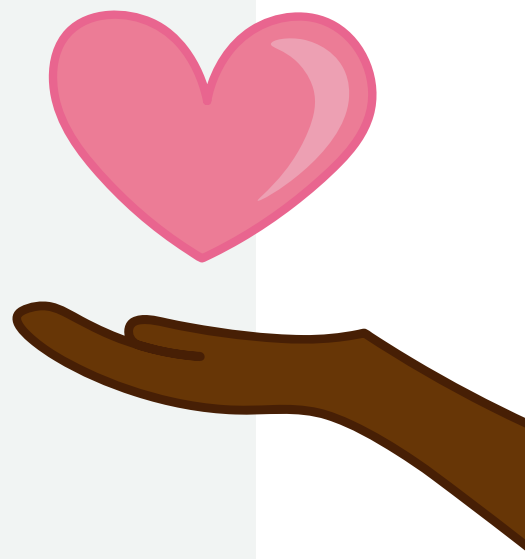
Community Stroll

Welcome! Today's adventure is a walk around our neighborhood to discover all the places and spaces where we can be active!

1

Connecting to the Land

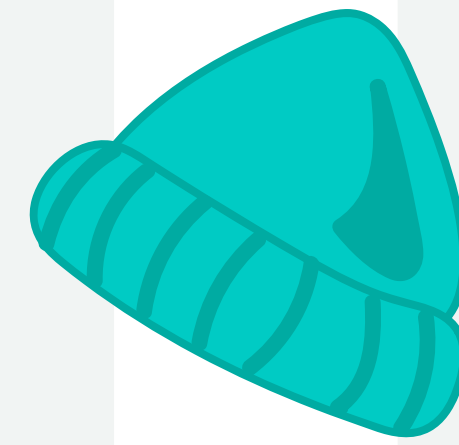
We are all treaty people, and it's important to recognize and honour the land we live and play on. Maybe you can get curious and learn a new story about the place you live.



2

Getting Ready

We look out the window and see snowflakes softly falling to the ground. Let's bundle up in some warm layers. Do you have a bright coloured toque or coat to wear? Bright colours help you to be visible to others.



3

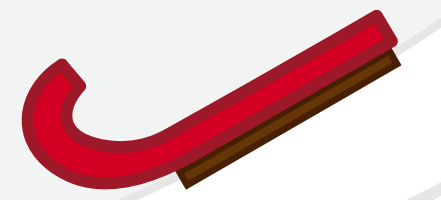
Outdoor Rink

What kinds of activities happen at an outdoor rink?

4

Sledding Hill

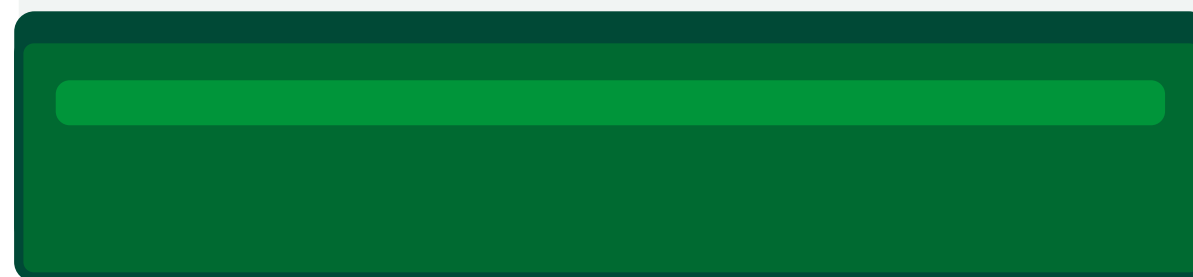
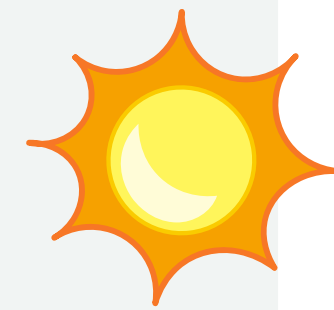
A hill is fun for sledding down in the winter and rolling down in the summer!



5

Open Field

A big open space has lots of potential for activities!



6

Community Centre

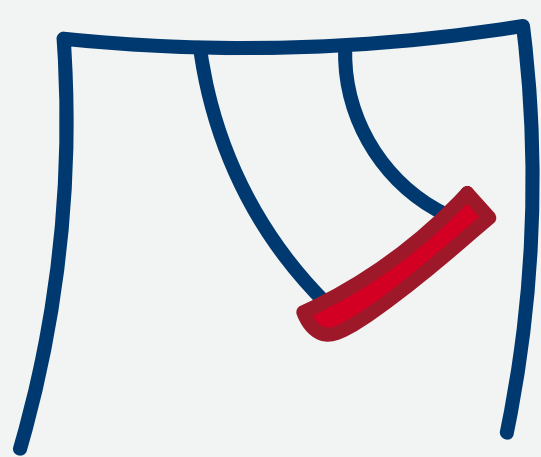
Community centres support people of all ages to be active in different ways! Dance classes, yoga classes, art workshops, drop in activities and more!



7

Playground

There are so many activities we can try at a playground!



8

What are the different spaces in YOUR community that support physical activity?



9

Engage With Your Community.

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

10

Affirmations

"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."

Reflection Question

Connecting with the land helps us understand its history and take care of it for future generations. What are some other ways we can honour the land we call home?

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

