

## **Resources and Information**

- Zoom and Re-Zoom book activity (Author: Banyai, Istvan)
  - <https://www.penguinrandomhouse.co.za/book/zoom/9780140557749>
- CASEL model/framework of Social and emotional learning
  - <https://casel.org/core-competencies/>
- Circle of Courage (Martin Brokenleg)
- Phys-ed Activities (Numeracy, DPA, sending/receiving activities, etc.)
  - [www.canadago4sport.com](http://www.canadago4sport.com) - can click on workshops at the top then numeracy. Or browse the various other activities on the website.
- Planet Protector Academy
  - [www.planetprotectoracademy.com](http://www.planetprotectoracademy.com)
- Fritidsbanken (sport rental)
  - <https://www.fritidsbanken.se/>
- Thumbball
- DEHR to Care Art Gala
  - Sign ups for the DEHR to Care art gala which is happening on April 7<sup>th</sup> 2020 (sign up on the website)
  - **GSA Grants available for schools in Southern Alberta.** Students/youth can apply using the website
  - [www.dehrtocare.ca](http://www.dehrtocare.ca)

# SNOWSHOE LINE TAG

**Equipment:** snowshoes and a large open area with lots of fresh snow

**Activity:** students work together to step-out the playing area, one player starts as "it" and all players have to stay on the stepped-out lines, when you are tagged, you join forces with "it" until everyone has been tagged

**Modification:** add extra circles to a bike wheel shape, "it" moves on the spokes and all other players on the wheels until they get tagged

**Safety:** be aware of others (including their snowshoes) to avoid tripping



**The Environment:**  
Students work together to step-out a bicycle wheel or other connected set of lines in a large open area



# SNOWSHOE BINGO

**Equipment:** snowshoes, cones to mark a large playing area with stations for all of the activities on the bingo card

**Activity:** students work individually or in teams to finish as many of the bingo squares as possible

**Safety:** spatial awareness and reminding students to wear proper winter gear

Sit down, make a snow angel & get up 3 times

Find or make a safe, small obstacle to practice going over 5 times.

Practice doing a side step. 10 to the right and 10 to the left. Use the top edge for up and down hills.

Can you walk in a 'Z' pattern. This is called traversing. Try it up and down a hill

Take 10 steps and turn, repeat until you make a square.

Practice the edging technique to climb a hill, swing heel over to the inside edge & step firmly.

Sometimes you might get stuck, practice taking off your snowshoes and putting them back on!

Try to move faster than a walk with your snowshoes!

Build a small snowman, then make some snowballs and try to knock it down.