



Activity Guide

Walk Through the Woods

 Movement & Exercise

 10 min

 5-9 yrs

 Level I

Best suited for: Individuals & Any group size

Description

Explore the outdoors with this interactive walk through the woods. You will move your body while jumping over logs, running through trees, and playing with forest animals!

Skills & Benefits

- Movement
- Coordination

Materials

- Walk Through the Woods Activity Video

Preparation

 5 min

1. Setup Activity Video to display to kids
2. Find an open, safe spot for kids to move around in.
3. If needed, look at Vocabulary Section on how to do a bear walk.
4. Find an open, safe spot to move around in without bumping into others.

Vocabulary

Bear Walk: Start in a standing position. Bend over and place both hands on the ground. Do not let your knees touch the ground. Walk forward with your right hand and right foot at the same time, followed by your left hand and left foot at the same time. Keep going!

Activity Steps

1. Start off your walk with a quick warm up! Run in place for 20 seconds.
2. We made it to a stream and we have to get across. Quick! Hop on the rocks along the stream.
3. Wow! Look at this beautiful bird. Let's balance like this bird up high on its branch.
4. We have to make it through the maze of trees. Let's zig zag through the trees by jumping side-to-side.
5. A bear! Carefully walk like a bear.
6. Oh no, low branches are in our way! Quick! Duck under the branches to make it through.
7. Let's follow the deer across the river. Leap high to make it across.
8. Trees again! This time, they've fallen in our path. Jump over the trees to make it through.
9. Phew! We made it. Let's finish up our walk and make it back to school.