

Pictou County Forest School - Grade 9 Lesson Plans

Healthy Living

Activity: PCFS Wellness Retreat (suggested time: full day activities)

Overall Curriculum Outcome:

- Demonstrate positive self-identity that effectively enables them to manage their health, their relationships, and interactions with the world.

Specific Curriculum Outcomes:

- analyze their health needs in times of change and apply strategies that enhance their capacity to manage change in their lives
- assess level of physical activity to determine whether they are active enough to achieve health benefits and identify time in the day to increase physical activity in 5- to 10-minute periods
- create a plan that enhances their healthy eating practices, and reflect on supportive environments and challenges to achieve these healthy eating practices

Materials:

- Stop watches (phones)
- Cooking implements / food
- Sculpture activity: Ropes, knives
- Jute twine for art activities

Activities: *All or some of these activities can be chosen based on available time/goals for the group*

Intro/warm-up (20 minutes)

- Ice breaker activities; setting intentions for the day; taking our first of many pulse checks throughout the day as a baseline marker

Nature Walk (45 minutes)

- Nature walk to hammock village; hammock time

Silent Sit (20 minutes)

- Students are instructed to find a quiet place to sit individually for 10 minutes of quiet contemplation.
- Heart-rate check

Cooking (60 minutes)

- Shared meal together, either prepared by students or pre-cooked by PCFS staff.

Art/building (60 - 90 minutes)

- Students are instructed to create an art installation in the forest using found natural items and biodegradable jute twine.

Body Movement:

- camouflage; man tracker; capture the flag etc. (30 minutes)

Reflections/wrap up

- Check-in prior to departure
- Final heart-rate check