

# ADVENTURE AWAITS!

This activity is slightly longer, lasting 7 to 8 minutes.

## MATERIAL/EQUIPMENT

- Chair (1 per participant)

## ACTIVITY DESCRIPTION

- Ask participants to stand up, spaced far enough from their neighbours that they can move freely on the spot.
- Explain that you're going on a wilderness adventure and that you'll give them instructions along the way.

## READY, SET, GO

- You're in the middle of a forest and you see a path leading to a lake. You decide to follow it. .... **Walk on the spot.**
- Everything's so peaceful! You've always loved the fragrant scent of nature, the trees and the wild flowers. .... **Take deep breaths.**
- Along the way, you come across several branches and tree trunks blocking the path. .... **Move the branches out of the way with your hands.**
- You have to climb under and over the tree trunks. .... **Bend and take giant steps.**
- You see a stream with big rocks. You have to cross the stream to get to the lake. .... **Jump from one leg to the other.**
- Oh no! There are tons of mosquitoes, and you've forgotten your mosquito repellent! .... **Run on the spot to escape the mosquitoes that are after you.**
- You finally arrive at the lake. Wow! What an incredible view! The lake is surrounded by mountains. You stretch, taking deep breaths.
  - **Inhaling and exhaling deeply, roll your shoulders forward 5 times, then backward 5 times.**
  - **Make 5 large forward circles with your arms, then 5 backward circles.**
  - **Stretch your arms above your head, then bend your torso to one side. Hold the position for 5 seconds. Return to the centre, then bend to the other side for 5 more seconds.**
- You spot some canoes in the distance. You take one, get in and sit down. Don't forget to put on a life jacket before setting off. .... **Sit on the edge of the chair with your back straight and paddle with your arms.**
- Gaze at the beauty of nature and breathe in the fresh air. .... **Breathe as you paddle.**
- It's a big lake. You want to get to the other side. .... **Keep paddling. You're almost there. Paddle for another 30 seconds.**
- Once you get to the other side of the lake, you step out of the canoe to stretch your legs. .... **Do a few small jumps on the spot.** Take off your life jacket.

- \_\_\_\_\_ **name of one of the participants**, has just found some mountain bikes. Excited, you choose one and put on your helmet.
- You sit comfortably on your bike ..... **Leaning back against the back of your chair, pedal with your legs, contracting your abdominal muscles.**
- You're eager to see what's around the bend, so you speed up ..... **Pedal faster (for 10 seconds).**
- Boy, it's hot! You slow down a little ..... **Pedal slower** and then you see a rock wall. Uh-oh! But phew, it's a climbing wall! Who wants to get to the top?
- You fasten your harness securely and climb onto the rock face. .... **Move your arms and legs, making small to large movements, depending on the distance between the holds. Open and close your hands as you grip and release the holds.**
- At the top, you see a magnificent sunset, so you take the opportunity to do some meditation.
- You sit comfortably on a rock..... **Sit on your chair.**
- You close your eyes and place your hands on your thighs. You take deep breaths. .... **Inhale... Exhale... Repeat 5 times.**
- Think about your adventure and all the natural beauty you've just seen. .... **Now open your eyes.**
- Raise your shoulders toward your ears as you inhale, then relax them as you exhale. .... **Inhale... Exhale... Repeat 5 times.**
- In a sitting position, ..... **Extend one leg—keep your other leg at 90 degrees. Lean your torso slightly forward, without curving your back, to stretch your hamstrings. Count 30 seconds then switch sides.**
- Congratulate yourselves on the journey you've made together. .... **Let's hear a round of applause!**

