

GLOBAL COMPETENCIES

Communication
Critical thinking and problem solving
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Paper
Pencils
Coloured Pencils
Computer
Internet access
Projector and screen
Images of nature (e.g. landscapes,
animals, plants)

OPEN-AIR GONDOLA

Intermediate Level

ACTIVITY DESCRIPTION

Experience 360-degree views of Blue Mountain on this gondola ride to the top. The open-air gondola provides perfect photo opportunities as it gently rises above the trails and scenic views. Relax and enjoy the ride over the heart of Blue Mountain Village while taking in a spectacular view of Georgian Bay and the Niagara Escarpment.

CURRICULUM CONNECTIONS

Health & Physical Education



Ontario
Curriculum



D1. demonstrate an understanding of factors that contribute to healthy development

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being

D3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being

Cross Curricular Connections: The Arts

D1. Creating and Presenting: apply the creative process (see pages 19–22) to produce a variety of two- and three-dimensional art works, using elements, principles, and techniques of visual arts to communicate feelings, ideas, and understandings (D1.1, D1.2, D1.3, D1.4)

D2. Reflecting, Responding, and Analysing: apply the critical analysis process (see pages 23–28) to communicate feeling (D2.1, D2.4)

TEACHING NOTES

Learning Goal

Students will learn how to apply elements and principles of design when representing an artifact from nature. They will also learn about the connection between spending time in nature and positive mental health and well-being.

Minds On Activity

- Lead a class discussion around the statement:
 - *Mental Health is much more than the absence of mental illness. Well-being is influenced not only by the absence of problems and risks but by the presence of factors that contribute to healthy growth and development.*
- Use the link provided to show the students the [Blue Mountain Open-Air Gondola video](#).
- While watching the video ask students to write down aspects of the activity that they feel may help support Mental Health and Well-Being.
- Ask the students to share their lists with the class.

Action Activity

- Post nature images around the classroom, ensure images depict design elements of colour, texture, shape and lines.
- Ask each student to choose an image to recreate in a drawing using the paper, pencils and coloured pencils provided. Prior to drawing, ask the students the following guiding questions:
 - *How can you make textures found in nature (e.g. wood bark) look real in your drawing?*
 - *How can you create a sense of perspective?*
 - *Consider arranging shapes of different sizes throughout to create a more varied drawing.*
 - *How does varying the thickness of lines support emphasis of specific elements?*
 - *What does colour do to create a point of emphasis and a sense of space?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Ask students to select a scenic view during their gondola ride that they associate with having a positive effect on mental Health and well-being.

ONCE YOU GET BACK

Consolidation Activity

- Ask the students to reflect on their gondola experience and repeat the Action Activity for the image they selected during the Blue Mountain activity.
- Have students write a brief reflection explaining how the drawing they created can be used to support their mental health and well-being.
- Ask students to share their drawing and reflection with an elbow partner.