

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS:

Paper
Pencil
Chart paper
Computer
Internet access
Projector and screen

WIND RIDER TRIPLE ZIPS

Junior Level

ACTIVITY DESCRIPTION

Soar from platform to platform alongside fellow students on our parallel zip lines at a cruising altitude of 50 feet.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade (A1.1, A.12, A1.3)

BEFORE YOU GO

Learning Goal

Students will learn about social-emotional learning skills that will help them gain a better understanding of: identifying and managing emotions, recognizing sources of stress, how to cope with challenges, maintaining positive motivation and perseverance.

Minds On Activity

- As a class, brainstorm a list of feelings and post it on an anchor chart.
- Have students draw a stick figure of themselves on a sheet of paper. On the body, draw a large heart.
- Have students read through the list of feelings on the anchor chart.
- Lead a class discussion with the following guiding questions:
 - *Identify a feeling on the list that you have recently experienced?*
 - *When you have identified your feeling, write it in the heart of your stick figure.*
 - *Now draw a face on your stick figure to match the feeling. Does your face match how you felt inside?*
 - *On your stick figure's left hand, write the number 1, 2, 3, 4, or 5 then rate the intensity of your feeling. For example, if you felt a little sad, write the number 1. If it is the saddest you have ever felt, write the number 5.*
 - *Think of someone you might want to share your feelings with, someone that you trust. Write down the role of that person in your life on the stick figure's right hand (e.g. teacher, parents, best friend, sibling). Often people feel better after sharing their feelings.*
 - *It is okay to have feelings. Let's think of some ways we can manage our feelings.*
 - *Did you know that you can choose how to respond to feelings? Remember to respond in a way that is kind to yourself and others.*
 - *Write or draw your idea around your stick figure.*

Action Activity

- Show the class the Blue Mountain [Wind Rider Triple Zips](#) video.
- Have students draw a stick figure of themselves on the reverse side of the paper they used in the Minds On Activity. On the body, draw a large heart.
- Have students look at the list of feelings on the anchor chart, and write down the feeling(s) they are experiencing after viewing the Blue Mountain Wind Rider Triple Zips video.
- Lead the class through the guiding questions in the Minds On Activity to complete their new stick figure.
- As a class, give students the option to share the emotions they have after watching the video (e.g. scared, excited).
- As a class come up with strategies on how to manage/cope with their emotions about this trip (e.g. deep breathing, visualizing, reframing negative thoughts and experiences).

WHILE YOU ARE THERE

At Blue Mountain Resort

Students will to participate in a ziplining activity with incredible views of Blue Mountain and the surrounding area.

ONCE YOU GET BACK

Consolidation Activity

- Have students revisit the stick figures they created in the Action Activity.
 - *What strategies did you use to manage feelings during the activity?*
 - *How successful were these strategies in managing your feelings?*
- Lead class through a discussion about their emotions:
 - *What are some signs your body gives when you are feeling anxious, scared and/or stressed?*
 - *Describe how different activities can generate a range of emotions, including feelings of calm, satisfaction, energy and excitement. How did you feel after completing the zip line?*
 - *How did you demonstrate control with your emotions before, during and after the zip lining experience?*