

MATERIALS

- Chart paper
- Markers
- Paper
- Tape or glue
- Variety of media for students to collect pictures of outdoor winter activities (e.g. magazines, flyers, online pictures)
- Writing utensils (e.g. pencil, pen)

ACTIVITY NAME:

WINTER ACTIVITIES & WONDERINGS

LEAD UP TO:

**Alpine Skiing/
Snowboarding/Cross-
Country Skiing/Guided
Snowshoeing**

DIVISION:

Elementary

CURRICULUM CONNECTIONS



Curriculum
Connections



Nova Scotia

Learners will use writing and other representations to explore, clarify and reflect upon thoughts and experiences.

Newfoundland & Labrador

Speaking and Listening: Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences.

Prince Edward Island

Use writing and other forms of representation to explore, clarify and reflect on their thoughts, feelings and experiences and learnings; and to use their imaginations.

New Brunswick

Strand Interaction: Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers.

BEFORE YOU GO

Learning Goal

- Students will learn about the winter activities offered at the Schools on Snow resorts (cross-country skiing, alpine skiing, snowshoeing or snowboarding) through a variety of texts, identify their emotions about the winter activity, and demonstrate their learning through a media text.

Minds On Activity:

- Organize the class into groups of 4-5 students.
- Provide each group with a variety of media for use in creating a collage of outdoor winter activities on a sheet of chart paper. Ensure that the images are inclusive, as well as consider activities with and without equipment, cost and accessibility. Example of outdoor winter activities:
 - *Playing in the snow (e.g. building a snow fort, making snow angels or snow people)*
 - *Alpine skiing, adapted alpine skiing*
 - *Hockey, sledge hockey*
 - *Tobogganing or sledding, adapted tobogganing or sledding*
 - *Hiking*
 - *Skating*
 - *Cross-country skiing*
 - *Snowshoeing*
 - *Snowboarding*
 - *Walking*
- Lead the class in a group discussion by using the collaborative learning strategy, Think, Pair Share where students work together to think individually about a topic or a response to a question, and share ideas with peers. Example educator prompts:
 - *When you look at the collages of winter activities, which outdoor winter activities have you participated in? Describe what you enjoy about this activity. What is easy about the activity? What is challenging about this activity?*
 - *Which winter activities would you be interested in trying and wondering about? Describe what interests you about this activity. What skills do you have that may help you in this activity? What do you think will be challenging about this activity?*

Action Activity

- Introduce the 'Six-Word Story' narrative to the class, which is an entire story told in six words with an emotional theme.
- Provide time for students to individually choose a winter activity they have never tried from the list generated in the Minds-On Activity.
- Encourage students to list 5-10 emotions/feelings that they associate with that winter activity to help generate ideas for their Six-Word Story. Example student responses to skiing:
 - *Scary*
 - *Fear*
 - *Thrill*
 - *Open to learning*
 - *Unsure*
- Have students write their Six-Word narrative that describes how they feel about this winter activity. Example student responses to sledding:
 - *Sledding with a scared big smile.*

WHILE YOU ARE THERE

Schools on Snow Activity

Students will experience one of five activities at a Schools on Snow resort: alpine skiing, snowboarding, cross-country skiing, or snowshoeing. Resort staff will meet your class, walk students through rentals and equipment. Experienced instructors/guides will provide lessons and/or guide students through trails depending on the activity.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a discussion about the Schools On Snow activity they participated in. Example teacher prompts:
- *Describe the feelings and emotions you were going through before, during and after trying the Schools on Snow activity.*
 - *How do you cope with feelings and emotions that you are challenging (e.g. fear, anxiety, frustration)?*
 - *What do you need in your environment and/or from others around you to help you get through these challenging feelings and emotions?*
 - *Describe the feelings and emotions you have after you try something new. What did you learn about yourself and/or the activity you tried?*

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code - It is Your Responsibility

CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** *Always check posted trail conditions.*
- 2** *Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.*
- 3** *Always ski to right when meeting on-coming skiers.*
- 4** *Yield the track to faster skiers and skiers calling 'track'.*
- 5** *Ski in control. On two-way trails descending skiers have the right-of-way.*
- 6** *Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.*
- 7** *Do not litter. Take out what you pack in. Respect all property.*
- 8** *Report all incidents.*

**Know the Code - Be Safety Conscious
It is Your Responsibility**