

Saskatchewan Parks Classroom Resources

Activity Summary:

Activity Name: _____

Curriculum
Outcomes: _____

Information for Teachers

A Note from SaskParks, to You:

These resources were created by SaskParks' Visitor Experience team to bring joy of nature exploration to your classroom. We hope that your class is able to enjoy the outdoor experience that our parks have to offer by utilizing these activities designed to inspire learning!

How to Print This Activity:

1. Open this file in Adobe Acrobat
2. Select "Print"
3. Select the number of copies you want to print
4. Under "Pages to Print" select "Pages" and in the space to the right, type in your preferred activity pages.
5. Select "Print" in the bottom right hand corner

Additionally, if you wish to print this as a smaller booklet, follow steps 1 - 4 above, and then:

1. Under "Page Sizing & Handling," select "Booklet"
2. Select "Print" in the bottom right hand corner
3. Once printed, fold the booklet down the middle of the page. No staples required!

It is recommended you print one copy to start to ensure it prints correctly.

Ready, Set, Stretch!

Easy Pose –
Listen



Be as quiet as
a mouse.
What do you
hear around
you?

Plow Pose –
Smell



Take a deep
breath in
through your
nose. What do
you smell?

Rabbit Pose –
Touch



Touch the
area around
you. What do
you feel?



Ready, Set, Roll!

Side Stretch –
Sight



Look far and wide around you. What do you see?

Standing Bend –
Taste



Take a deep breath in through your mouth. What do you taste?

Resting Pose –
Relax



Relax your entire body starting at your toes. How do you feel?



Cut out the template, fold into cube and roll your cube.

You are ready to practice your movements!

