

Navigation

Activity: Contour mapping

Learning Objective: understanding contours on an orienteering map

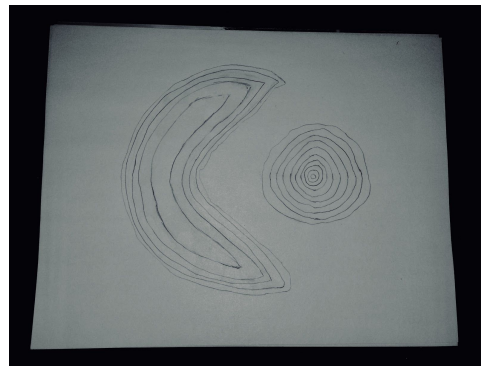
Instructions:

- This lesson can be done using either legos, playdough, clay or anything that can be used to build something.
- Create your sculpture, make sure it somewhat resembles hills or valleys (do not make a large wall and avoid making something that goes big/small/big/small vertically ... like a hoodoo, those are difficult to map).
 - For the next step, it may be easier to draw the contour line on your object.
 - If you are using lego, feel free to just use the line between the bricks.
- Grab a piece of paper and draw your creation:
 - Easy: draw a map of the object with just the contours.
 - Remember, the steeper the object, the closer the contours.
 - Difficult: Add some elements to your sculpture like vegetation colours, man-made objects or water
- Feel free to post pictures of your maps and creations on the SOGO Adventure Running Facebook page.

Equipment:

- Legos, playdough or anything that can be used to build something.
 - There are many online playdough recipes if you do not have any that can be made with simple kitchen staples. I used this recipe and quadrupled it but feel free to use whichever one works for you. Pro tip for this recipe, 8tbsp of flour is half a cup.
<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>
- Paper
- Pens, pencils, pencil crayons

Easy:



Balance

Activity: Balance beam

Learning Objective: Helping kids with their balance and coordination

Instructions:

- Create a beam that kids can walk across using a 2 by 4 wood beam, rope or tape
- Have kids balance on a beam and walk across.
 - Once they can walk across, here are some varieties
 - walking forward, turning around and walking back
 - walking backward
 - lunges
 - tossing a ball from hand to hand
 - tossing balls at a target
 - having a parent or sibling toss them a ball and catch the ball
 - making 180 degree turns while walking
 - Bending down and picking up objects off of the floor and placing it on the other side of the balance beam
 - Picking up objects off of the floor using their feet and placing it on the other side of the balance beam

Equipment:

- Rope, 2 by 4 wood beam or tape
- Balls
- Target for balls (ex. a bin)
- Objects they can pick up with their hands and feet (ex. crumpled up rags or shirts)