



WILDERNESS —PATHWAY—

• ACTIVITY GUIDE •

This imaginary wilderness pathway will excite students and their imaginations as they embark on a full day adventure filled with activities and wildlife. The pathway is a great solution for all students to use as a brain break or brain boost, or on days when the weather is too hot or cold for kids to go outside. It can also be a great outlet as kids move through the school on their own and feel the urge to be active. ENJOY!

EQUIPMENT

Pathway Decals
Squeegee (included)
Install Instructions (included)
Tape measure (optional)

SET-UP

Lay the pathway out as suggested or modify it to fit your space. There is a lot of flexibility, so feel free to have fun with it.

When adhering the stickers, use the provided tool to help with the application.



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• RECOMMENDED ACTIVITY •

START On the go-signal, have one student begin. Try to keep space in between students as each one goes.

STEP 1 Start the daylong adventure at the campsite and then scamper up the tree using the pinecones. **TIP** Students can climb with feet only or hands and feet. Encourage them to count by odd or even numbers as they go.

STEP 2 Head to the wobbly logs and move very carefully sideways across them. **TIP** Walk backwards for an extra challenge!

STEP 3 At the rushing river, tiptoe on the fish to get to the other side. **TIP** For a different route, leap diagonally across the river, zig zagging onto the green bushes.

STEP 4 To get over the large mountain, students need to do three mountain climbers. **TIP** Encourage students to get in the upright support (push-up) position and move their feet back and forth as if climbing a mountain. Modify as needed for all students to participate.

STEP 5 At the pit stop, take time to enjoy the beauty of the mountains and take in 3 large, calming breaths.

STEP 6 Uh-oh, mosquitos are everywhere! Stomp on them to not get bitten. **TIP** Students can jump on 2 feet or hop on 1 foot to stomp mosquitos as well.

STEP 7 Time to swim across the lake. Get in the upright support (push-up) position and rotate each arm in a circle motion, alternating left and right, as if swimming. Repeat 3 times. **TIP** Modify as needed. Ask students for their own ideas on how they can get across the lake.

STEP 8 Bear walk through the paw prints to reach the campsite. **TIP** Have students really act the part of the bear. Hands and feet on the ground, hips in the air, head up, growl!

FINISH Celebrate and congratulate yourself for making it back to the campsite!

**TEACHER
TIPS**

