Alaskans for Palmer Hay Flats

Movement Hike at Reflections Lake

Before you go:

- Watch Videos:
    - Animal Movement: https://youtube.com/watch?v=ds0LNFZipLU&si=EnSIkaIECMiOmarE
- Visit Websites:
    - Good Health: https://www.who.int/about/governance/constitution

Gather your tools:

- Appropriate clothing for the weather. Bug spray/sunscreen/water bottles
- Movement cards/list
- Optional: Camera/video recorder

At the Palmer Hay Flats:

- What does healthy movement look like? What does healthy movement look like for a worm? For a bird?
    - Stretching
        - Ask all group members to come up with a stretch to share
        - Some prompts for creative stretches include
            - Stretch how you think a bear stretches
            - Stretch how you think a fish would stretch
            - Reach towards the sky like you can touch the clouds

- Take a movement Hike.
    - Use the following cards to inspire different types of movement for your group to do around the trails
        - Cards can be used back to back, or at set time or distance intervals
            - EX| a new card every four minutes
        - Allow group to come up with their own nature movements for the group to try as well
   - If you see an animal along the trail try and mimic its movement

After your Movement Hike:

Share your learning with others. Post photos on public media, tell your friends and relatives what you saw, what you felt, what you heard, and what you could smell. Tell them which birds you saw and how they behaved. Show them your notes and sketches.

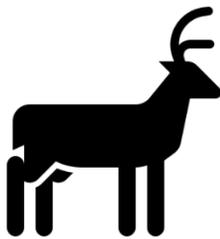Make a plan for when you will visit Reflections Lake again.

Adapted from APH Gritsavage Lesson Plan
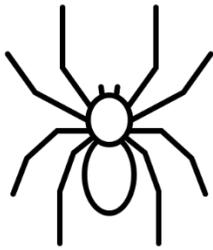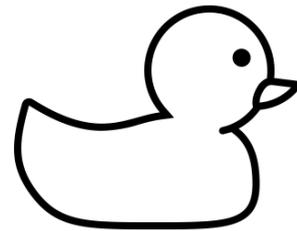
CRAWL LIKE A SPIDER

WADDLE LIKE A DUCK

SPIN LIKE FIREWEED

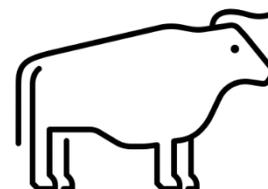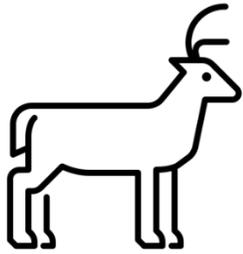**JUMP LIKE A GRASSHOPPER**

RUN LIKE A MOOSE

SCURRY LIKE A SQUIRREL

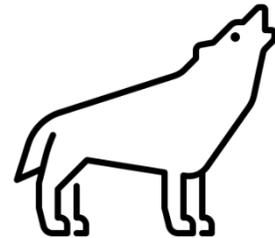**WALK LIKE A LEAVE FALLING IN THE WIND**

WALK LIKE A MUSK OX

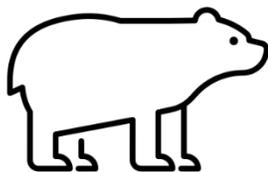**LEAP LIKE A CARIBOU**
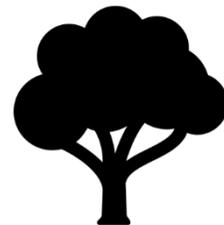
FLY LIKE AN EAGLE

RUN LIKE A SALMON

RUN LIKE A WOLF

CRAWL LIKE A WORM

HOP LIKE A FROG

WALK LIKE A BEAR

ROLL LIKE A LOG

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