



Walk with Me

Source: Manitoba *in motion*, Winnipeg *in motion*

Equipment: list of instructions
music with a consistent, rhythmical beat (for example, Walking in Rhythm by the Blackbyrds or Shy Guy by Diana King)
CD player
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Narrate a walk through your community or around Manitoba as you describe the events and activities.
- Have participants stand up and start by marching on the spot.
- Ask them to follow you as they walk through Manitoba, their city, town or community.
- Stick to a particular season or adapt the activities to include sites, activities and events in your community.

Winter:

- Imagine putting on a jacket, scarf, toque and mitts.
- Shrug your shoulders as if you're freezing.
- Walk through the deep snow, lifting your knees up high.
- Walk with snowshoes.
- Cross country ski.
- Skate along the river.
- Downhill ski by crouching down slightly with poles at your sides, hitting a mogul and lifting one leg and then the other to the side.
- Pretend to be riding a snow racer by crouching down slightly, steering down the hill, walking back up the hill and going again.

- Make snow angels by putting your right arm and leg out to the side. Repeat with left arm and leg. Do jumping jacks for more of a challenge.
- Pretend to curl by standing in a front lunge position, extending your right leg forward and left leg behind. Move your arm as if throwing a curling rock. Press the heel of your back leg down to stretch the calf. Switch legs and repeat.
- Pretend to be shoveling snow by taking three steps to the left and tapping your toe followed by three steps to the right and tapping. Repeat and add the shoveling arms.

Spring/Summer/Fall:

- Take off your winter gear.
- Walk down the path. It's muddy; shake the caked on mud off your shoes.
- Stop off at a friend's house and help clean windows (circle arms in front with toe tap).
- Walk again and then stop off at the dance hall. March three beats and toe tap or clap hands on the fourth beat. Travel forward and then backward doing your best John Travolta Saturday Night Fever imitation.
- Turn this into playing basketball. March three beats while bouncing your ball and shooting a basket on the fourth beat.
- Switch to baseball. Catch low balls by crouching down behind the plate and then up for long fly balls; reach to the sides – down, down, reach up, up.
- Paddle your canoe or row your boat. Lift your knees and add paddling or rowing actions with your arms.
- Kick the soccer ball.
- Play hopscotch and kick your heel up towards your bum.
- Pull weeds in the garden.
- Use a hula hoop. Swivel your hips around as if hula hooping and then change directions.
- Pretend to swim doing the front crawl, back crawl and breaststroke.
- Pretend to golf. Step side to side while swinging a golf club, do both arms.
- Rake leaves.
- Pretend to slalom water ski. Put one leg in front of the other (stretching out the calf muscle), and hold on tight to the tow rope.