









Activity	Adventure One Part One	Level: Grade k-4 Movement Activity	"Allison the Adventurer" Allison Tipler	
Learning Intentions	<ul style="list-style-type: none"> Engage in dramatic play a with a focus on exploring time and place Promote positive mental health through physical education (yoga and movement) Develop body awareness through the Eight Brain Dance Exercises (see "Brain Dance" Document for more details) Express feelings, give examples of strengths and areas of improvements 			
Materials Needed	<ul style="list-style-type: none"> Yoga mat (optional) or carpet area A device (computer or tablet to watch and follow along with the video) 			
Process	<ol style="list-style-type: none"> Click on the Adventure One: Part One Video Follow along with Allison the Adventurer and complete the Yoga poses and Brain Dance movements. The eight movements you will complete are: Breath, Tactile, Core- Distal, Head- tail connection, Upper and lower body zones, Cross Lateral movement, eye tracking, vestibular system. Refer to the "Brain Dance" Document for more details. Get into character and use your imagination to discover and learn about Allison the Adventurer, Smiley Tree, Buggy and Wahoo Wind Take deep cleansing breaths throughout the lesson 			
Extensions	<ul style="list-style-type: none"> Refer to the Reflection Sheet and select your favourite exercise or movement and share it with a family member (parent, guardian, sibling or animal). Share why that is your favourite movement. 			
	Skills:	All the time	Sometimes	I have trouble
	I can focus and participate during the lesson			
	I can complete the movements.			
	I can share my favourite movement with a family member	