



Exercise - Good For Your Body and Your Brain (🧠 A Physical Health Story)
(2nd Grade – 7-8 yrs.)
Physical Activity: Getting Back to Nature



STORY CONNECTION-SLIDE 8 (Approx Time: 20-25 mins)

Exercise is also about moving your body in the world you live in. Moving around helps you to learn about the world. You see, hear, and feel different things when you are moving around. This lets you learn what you need to do to live in your world.

Materials needed:

- Outdoor space for student(s) to walk around and observe the world around them using their five senses
- Recording sheet or paper (1 per student)
- Pencil
- Clipboards/books (hard surface for student to carry and write on)

Preparation needed:

- Optional: Print recording sheet.
- Determine how much time student(s) will have to complete the nature walk.
- Determine if you will keep student(s) in one area or take them on a specific walking route.

Instructions:

1. In this activity, you will lead student(s) on a “nature walk” for them to move around and use their five senses to help them better understand the world they live in. Where you take student(s) will depend on your location. It does not matter as long as the walk occurs outside.
2. Explain to student(s) that they will be taking a walk and paying close attention to what they see, smell, hear, and feel. Taste probably will not come into play during this walk, but it could.
3. Remind student(s) to be quiet and alert as they walk so they can really focus on what is going on around them.
4. Student(s) can record what they experience on their sheet.
For example: “I can hear birds chirping. I can see the grass is green and feels damp. I will write that down. These are things I hear, see, and feel!”
5. Give student(s) an allotted amount of time to fully experience the space and write their observations.
6. After the walk is over, invite student(s) to share what they noted during the walk and how this physical movement (exercise) helped them learn more about the world they live in (use of senses).

Nature Walk

I see

I hear

I taste

I smell

I feel