



HEALTHY BEAR'S GREAT ADVENTURE

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will practice gross motor skills with Healthy Bear.
- › Children will practice listening skills and following directions.

MATERIALS:

- › Healthy Bear puppet
- › A puppet or stuffed animal (Healthy Bear's friend)
- › Additional puppet, stuffed animal, or picture for children to find

PROCEDURE:

1. Set-up: Hide a puppet, stuffed animal, or picture in the outdoor space.
2. Have Healthy Bear explain to a small group of children that they are going on a great adventure to find his friend.
3. Begin the adventure. Have Healthy Bear tell the children to follow him. After a few steps, stop abruptly and have Healthy Bear explain that they have come to a river. Encourage children to find a way to get across the river. Suggested phrases:
 - a. *Oh, no! We've come to a river! What will we do? I know – let's...* (encourage children to fill in an activity)
 - b. *As fast as you can, everybody swim across this river.*
4. Continue the adventure, adding new obstacles from time to time. (See list below for ideas and choose the ones you like best, or come up with your own ideas.) Have Healthy Bear lead children in saying, "Oh, no! We've come to a _____. What will we do? I know – let's..." Encourage the children to come up with creative ways to go around, over, or through the obstacles.



Obstacle Ideas

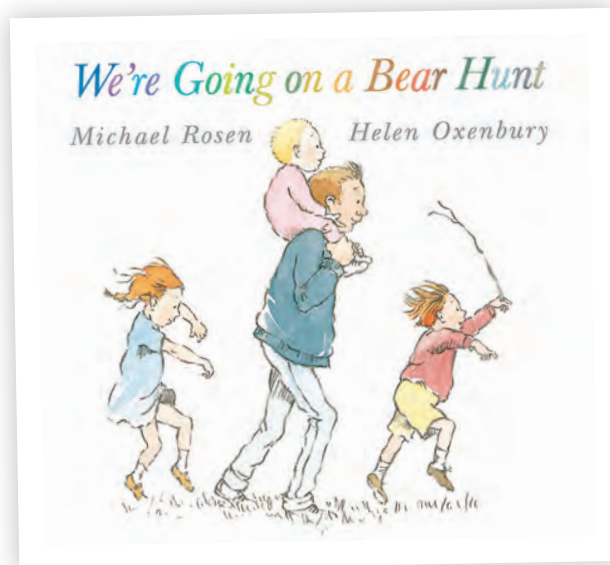
- Mountain
- Huge road made of sticky bubble gum
- Mud puddle

- Pond made of ice
 - Giant tree
 - Tiny little house
 - Dark cave
 - Mammoth skyscraper
 - Swarm of giggling children
 - Big trampoline
5. At the end of the game, have Healthy Bear lead children to the spot where his friend is. Encourage children to guess what the friend will look like. Have Healthy Bear pull out the friend and introduce him to the children.
 6. Review the activity by telling Healthy Bear's friend all of the different obstacles you found and how you got past them.

ADAPTATIONS/EXTENSIONS:

Literature: Read the book *We're Going on a Bear Hunt* by Michael Rosen, and lead the children in the actions as you read.

Self-concept: Before starting the game, hide pictures of the children. Have Healthy Bear give clues to help the children find their pictures.



Day 15: Review – Physical Activity

For more activities, visit eathealthybeactive.net