

Objective

By the end of this lesson, you will be able to go on a bear hunt and have fun exploring different environments.

Materials and Prep

- A large open space, like a backyard or park
- Imagination and enthusiasm!

Activities

- Warm-up: Start by stretching your arms and legs, and doing some silly animal movements like pretending to be a bear walking on all fours.
- Obstacle Course: Set up a simple obstacle course using items you find in your space. Include things like jumping over pretend rocks, crawling under a low branch, or balancing on a log.
- Bear Hunt: Imagine you are going on a bear hunt. Describe the different environments you encounter, such as walking through tall grass, crossing a river, or climbing a mountain. Act out each environment using your body and imagination.
- Scavenger Hunt: Create a list of items related to bears, such as a leaf, a stick, or a rock. Go on a scavenger hunt to find these items in your outdoor space.
- Story Time: Read a book about bears and discuss what you learned.

Talking Points

- "Today, we are going to pretend to go on a bear hunt! We will use our imagination to explore different environments."
- "Let's warm up our bodies by stretching and moving like animals. Can you pretend to be a bear walking on all fours?"
- "Now, we will set up an obstacle course using things we find in our space. We can jump over pretend rocks and crawl under a low branch, just like on our bear hunt."
- "Imagine we are walking through tall grass. Can you show me how you walk carefully through tall grass without making a sound?"
- "Next, we come across a river. Can you pretend to jump over the river without getting wet?"
- "Now we reach a mountain. Can you show me how you climb up a mountain using your hands and feet?"
- "Let's go on a scavenger hunt to find items related to bears. Look for a leaf, a stick, and a rock. Can you find them all?"
- "After our adventure, we will read a book about bears. We can learn more about them and share what we found during our bear hunt."