



Forest Frenzy!

Learning Objectives:

- Describe how plants are harvested and used throughout the seasons
- Describe activities of Aboriginal peoples in B.C. each seasonal cycle
- Identify safety guidelines for participating in physical activity

Vocabulary

cedar stripping
harvesting

Time:

Minimum 10 minutes

Process:

1. Before going outside, explain to students that you will be playing a game outside and that they need to be dressed appropriately for the weather. Instruct students to form a group circle once they get outside.
2. Explain that the students are going to play a game that will help them understand many of the ways that humans depend on the Coastal rainforest.
3. Outline the playing boundaries, and explain that students will be running around inside of those boundaries. When students hear an action called they must stop running and act out that action. (See **Forest Frenzy Actions** for the list of possible actions). A minimum of five actions is best, with as many more added as you feel is appropriate for the group.
4. Demonstrate each action. When students are comfortable with the actions they can begin playing.
5. Note: You may want to add “eliminations” after a few rounds, with the slowest individuals or group being eliminated after every round.

Evaluation:

While students are demonstrating an action, ask students about their action as a check for understanding. For example, ask what kind of wild berry jam a group is making or what kind of tree a student is acting out.

Forest Frenzy Actions

Tree (1 person)	Feet are planted and arms can be any kind of branches.
Picking Berries (1 person)	Individuals bend over to pick berries and put them in their basket.
Harvest Spruce Root (1 person)	Individuals drop to their knees, dig, and then pull the roots and repeat.
Stripping Bark (2 people)	One person stands tall like a tree, the other strips the bark, pulling out and up from the person's feet.
Medicine (2 people)	One person pretends to be sick by placing their head in their hands and the other person stirs the medicine in their hand.
Making Jam (3 people)	Two people form a pot with their outstretched arms, one person makes a stirring motion. (Taste testing allowed!)
Canoeing (4 people)	Two people crouch down (as a canoe) with their arms extended towards each other and two people crouch in the middle as paddlers.
Basket Weaving (5 people)	Form a circle with their arms wrapped (woven) around one another.
Big Canoe (All)	Everyone crouches in a line, front to back and paddles. Remember not to stand up in the canoe or it will tip!
Thunderstorm, Take Cover! (All)	Everyone drops down and crouches near the ground with their hands over their heads.
Forest Ecosystem (All)	Everyone "becomes" part of the forest (tree, bear, deer, salmon, bird, plant, human...).
Run Down the Mountain! (All)	Everyone run to the farthest corner or line.
Late for Dinner! (All)	Everyone run to the closest corner or line (opposite direction of "Run down the Mountain").