

Unit: Staying Safe in a Winnipeg Winter

Objective

Ps will practice winter vocabulary and discuss its meaning.
Ps will survey one another using the winter vocabulary.

Materials

- **survey cards**

Step 1 Warm Up (15 minutes)

Introduce some winter vocabulary:

- Write the following words on the board.

wind chill frost bite vitamin D calcium active

slippery cabin fever depression agile

- Do they know what they mean? Put them into pairs and have them discuss the meanings of any of the words they might know.

Step 2 Work out (60 minutes)

Discuss the vocabulary:

- When they are finished their discussion have them come back to the group.
- Write the word **winter** on the board. Ask “What do these words have to do with winter?”
- Go over the meanings of each word having them provide definitions of ones they know. Explain the ones they don’t know. Make connections between winter and discuss topics such as:
 - Winter can cause cabin fever
 - Winter can cause depression
 - Staying active can prevent these two things from happening
 - Being agile is important to prevent falls
 - Being active creates agility
 - Vitamin D is important in the winter due to lack of sun
 - Vitamin D and calcium create healthy bones and bodies
 - Explain what kind of temperatures can cause frost bite
 - What makes it slippery?
 - What foods have vitamin D and calcium?

Survey about winter in Winnipeg:

- Hand out the **survey cards**.
- Play the game: each student gets one card. Each person finds a person in the room to ask the question on the card. After a moment or two the facilitator will ring a bell or turn off the lights to signal that they need to find a new partner. They trade cards with the person they just spoke to and move on to another person and ask that question. This continues until they have answered all the questions.

Step 3 Cool Down (15 minutes)

Review the winter safety facts:

- Have the participants come back to the group and discuss what they learned about one another