

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- [Online storybook](#) for Murray & Bird: Murray's Outdoor Adventure
- [My Favourite Things To Do Outside activity sheet](#)

Classroom Conversation Starters

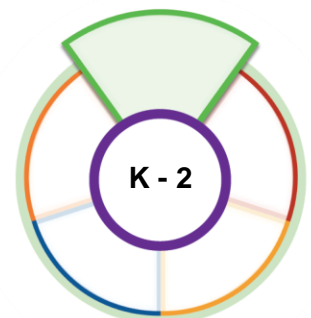
ACTIVITY GOAL: To encourage students to enjoy the outdoors as an alternative to screen time and to reduce sedentary behaviour.

ACTIVITY INSTRUCTIONS:

1. Visit the [Middlesex-London Health Unit website](#) to download a copy of Murray & Bird: Murray's Outdoor Adventure storybook.
2. Read the book for the class.
3. Use the prompts below to help facilitate a classroom discussion:
 - a. What are your favourite things to do outside in different seasons and in different weather?
 - i. What can you wear outside to help protect you in different weather (e.g., sun, rain, snow)
 - b. What are some different ways to move around when you're outside (e.g., scootering, biking, running, playing at the park)
 - c. Considering our school's outdoor spaces (e.g., tarmac, field, playground), what are different things you can do outside at recess?
 - d. What do you use screens for at home and at school? What are some fun things you could do to take a break from screens?

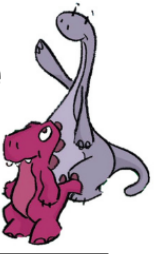
Ideas to complement this activity:

- [My Favourite Things To Do Outside activity sheet](#)





My Favourite Things To Do Outside



Draw and colour your favourite thing to do outside in each of the different seasons

Winter

Spring

Summer

Fall