



adventure  
running

# Spring 2020 SOGO@HOME Adventure

## Week 2 - Info sheet for Parents

### B is for Bear Parent Page

This page contains the lesson plans and goals for “Week 2: B is for Bears” journal page. You will find the goals included in this page. If you have any questions please email us at [squirts@sogoadventurerunning.com](mailto:squirts@sogoadventurerunning.com).

### Dot to dot

We are working on fine motor skills. Practice holding the pencil or crayon with pincher grip (using your thumb, first and middle fingers, rather than a fist).

Counting from 1 to 10. Count out loud together. Point to the numbers as you count.

### Adventure Challenge

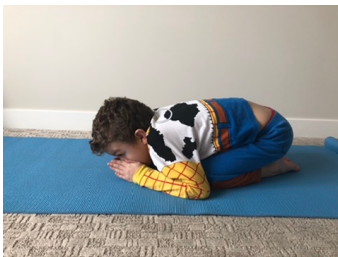
We are working on our gross motor skills.

“Lets be bears!” is a mini Yoga sequence designed by Coach Chandra (RYT 200, RCYT) to get us moving while staying in our homes.

This is a great activity for you to do as a family. Get up, get moving and stretch. Take time and move away from the screens. This yoga sequence will help our bodies and our minds feel focused, and calm.

**Safety:** Yoga should never hurt! If a pose pinches or burns, that is your body’s way of telling you to back off. Move back out of the pose the way you got into it.

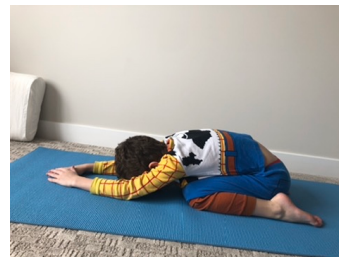
Polar Bear Pose



Walking Bear



Resting Bear



Going for it - Keeping it fun - Playing fair - Staying Healthy - Respecting others  
Respecting nature - Being inclusive - Giving back - Getting muddy

## Orienteering @Home Challenge

Lets play hide and seek orienteering style! Please print the orange and white orienteering flags. Cut them out. You can label them with numbers, letters or animals. Hide them around the room (or house). When we play this game in the parks we set them up so the kids can see flag 1 from the start, flag 2 from flag 1, flag 3 from flag 2 and so on. In your house, you can do it the same way, or hide them in cupboards under pillows or in shoes, etc. Make it as easy or challenging as your family wants. Have the kids go searching for them. *Please feel free to laminate the flags, we will be using them in future weeks. You can use packing tape to "laminate" them.*

Please share pictures of your SOGO@Home adventures with us:

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