

Power Skills



Athletic Theatre

Move expressively, creatively and rhythmically

Ready

In front of a mirror, practise pretending to walk in all sorts of weather conditions:

- Strong winds.
- Muddy, sticky roads.
- All bundled up in heavy clothing and boots.

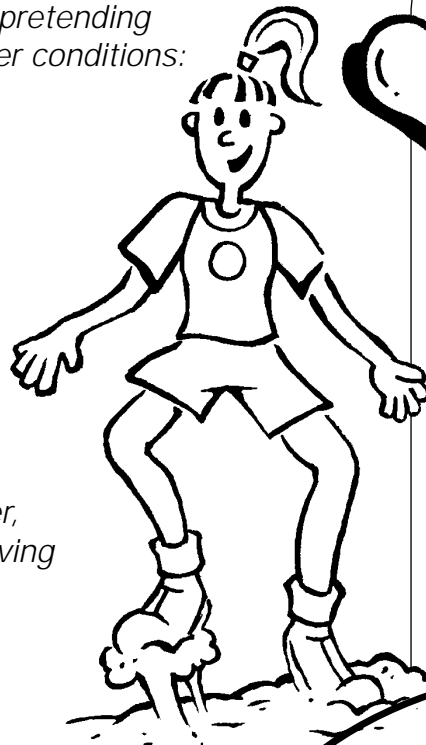
Set!

Think about how your legs can move to show strain and difficulty lifting and dragging your feet. What do your arms, neck, shoulder, and face show us about moving in difficult conditions?

GO!

Try mime walking:

- On a sleek, slippery sidewalk.
- Through deep snow.
- Over hot sand.
- Through water with lots of weeds in it.
- On a tightrope.
- Like different animals.
- Against a strong wind.
- In the rain.



Heart Leaders!

The Signs of a Stroke are dizziness, weakness or tingling, vision problems, trouble speaking, or a headache. Research more about what a stroke is, what causes a stroke, how to prevent it and how to recognize when someone is having a stroke. With your friends, create a skit that would teach others about the signs of a stroke. Remember – if you ever recognize someone who is having the signs of a stroke, call 911 immediately.

*Send us your script and ideas!
HeartHealthyKids@hsf.on.ca*

Now try to mime lots of different activities such as skating, cross-country skiing or flying a kite. Invite a friend or family member to guess what activity you are mimicking.

*Tell us about your mime time -
HeartHealthyKids@hsf.on.ca*

