

# Where You At?

Developing a sense of place while improving mental wellness

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# MENTAL WELL-BEING AND THE OUTDOORS



THE  
GLOBE  
AND  
MAIL

Why is walking in the woods so good for you?

*GREEN IS GOOD*



Minding Our Bodies  
healthy eating and physical activity for mental health

# WHAT IS ORIENTEERING?

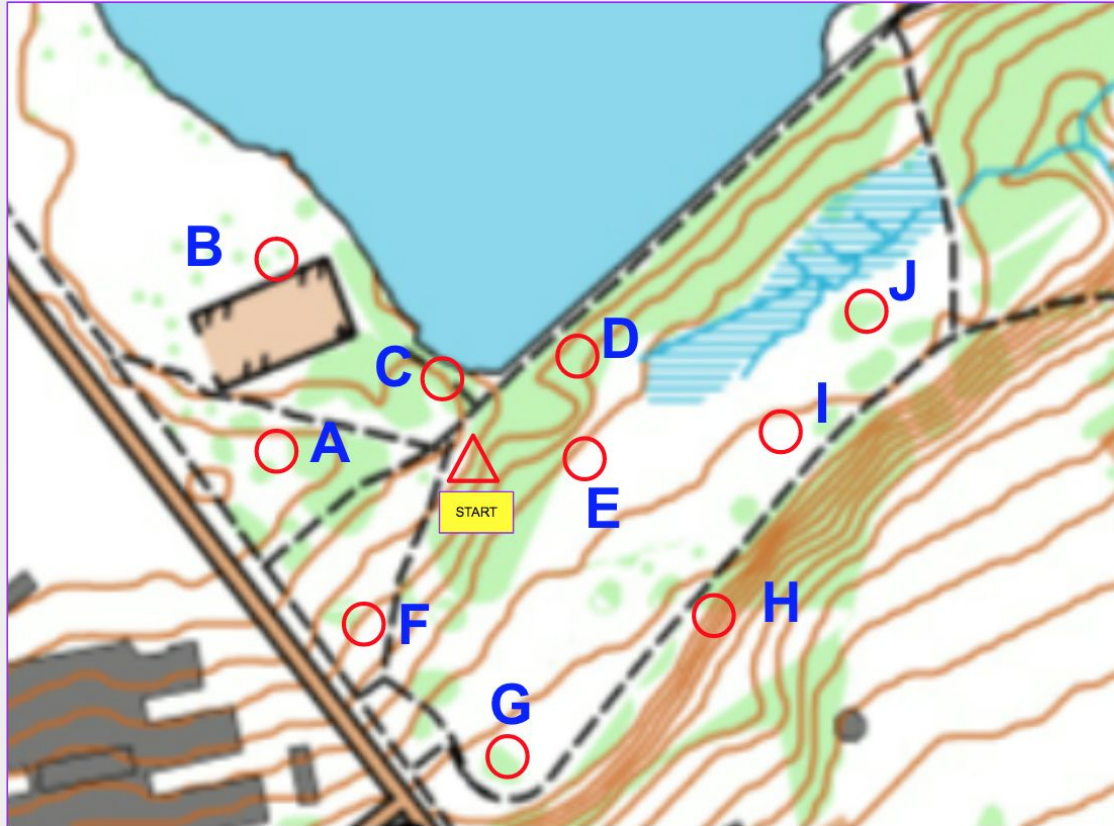
An activity in which the participants use a map to find markers that have been placed at easily recognizable features.



# BASIC MAP READING



YOUR TASK IS TO FIND EACH FLAG ON THE COURSE!



A	<input type="text"/>
B	<input type="text"/>
C	<input type="text"/>
D	<input type="text"/>
E	<input type="text"/>
F	<input type="text"/>
G	<input type="text"/>
H	<input type="text"/>
I	<input type="text"/>
J	<input type="text"/>

# CURRICULUM CONNECTIONS

- Social Studies
- Geography
- Math
- Geometry
- Logic
- Science
- Environmental Education
- Language Arts

# DIVISION ENTRY POINTS

## Primary

- Table-top Maps
- Taking a trip Game
- Learning letters
- Puzzle Maps
- Mapping Treasure Island  
(settings)

## Secondary

- Make maps
- Orienting a map
- Math Map Relay
- What's your pace
- Map Tells a Story
- Photo Orienteering

# Materials to get started

- Bingo Dabbers
- Deck of cards
- Google Draw
- Google Maps



# OTHER RESOURCES

