

## How to prepare to RunWild!

**Teachers, here are some ways you can help prepare your class for RunWild!**

### Healthy Living:

1. Check out the content available at [RunWild.ca/runwildcanada](http://RunWild.ca/runwildcanada) including:
  - a) a sheet that teaches you how to stretch out your muscles from Leading Edge Physiotherapy
  - b) a list of Fun Things to do instead of just Running Laps
  - c) a RunWild Word Search available in French and English
  - d) a Draw Healthy Foods worksheet FR/EN
  - e) the RunWild and Zebra Centre colouring sheets
2. As a class, brainstorm ways to get more movement in a day
3. Discuss healthy eating choices. Check out the Healthy Eating Sheet link
4. Create a km/dates tracking calendar to mark class training progress

### Community Giving:

1. Connect with your local Child Advocacy Centre (CAC) and educate your class about the work they do.
2. Watch the Safe People Video Know Your Zebras (link: <https://www.youtube.com/watch?v=TNuS-2QKc9E>) and then fill out the Safe People sheet
3. For older students, a great video about consent is here: <https://www.youtube.com/watch?v=oQbei5JGiT8>
4. Talk about online safety  
[https://mediasmarts.ca/sites/default/files/pdfs/tipsheet/TipSheet\\_FamilyOnlineRules.pdf](https://mediasmarts.ca/sites/default/files/pdfs/tipsheet/TipSheet_FamilyOnlineRules.pdf)
5. Make posters about your local CAC to put up in your school.
6. Make a fundraising plan for your local CAC
7. Write a script for morning announcements and teach the school about why you are involved in RunWild.



**You can find supplementary content at [RunWild.ca](http://RunWild.ca) under the “RunWild Canada” tab.**