

Pathway Project School Home Activity Ideas

PHE Curricular Competencies: Healthy and Active Living, Mental Well-being

Audience(s): K-12, parents & educators

Hyperlink: [Pathway to Stewardship and Kinship](#)

Description

Pathway to Stewardship & Kinship offers key experiences, or “Landmarks”, that are developmentally appropriate for children and youth from birth through secondary school. Families, mentors, and educators can use this guide for inspirational activities that get young people moving in and caring for the natural world.

Objective(s)

This resource is a foundation for nurturing healthy and engaged children and youth. Through simple, age-appropriate [“Landmark” activities](#), children gain vital tools for physical and mental health, and lifelong relationships that bring joy and meaning to life.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10)

Describe the relationships between physical activities, mental well-being, and overall health (Grade 10)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com