

Self-Care Walking Activity

Objective: Promote self-care, healthy choices and group dynamics.

Helpful Materials: No specific materials needed.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions: Invite participants to walk around the room. Tell participants that as they walk around the room, think about how you are walking and how you feel when you walk. Have them get in touch with their body. Are there any places that feel tense? Shake out those areas. Gently roll your shoulders.

Ask participants, "How are you feeling?" Have them exaggerate that feeling. If they are feeling tired, participants should walk as if they are really tired. If they are feeling happy, perhaps they might skip or dance.

Tell participants to stop and find someone near them. Have them introduce themselves and share one healthy thing they do to take care of themselves. Make sure both people have time to share. Thank each other for listening and sharing. Invite participants to go back to their chairs.

Ask them to respond to this activity with the larger group.

- What did you notice about the different ways of walking and how those made you feel?
- What is something you learned, from another person, about fun, healthy activities?