

Aksiistapooks kasi'ooohkoomi

The Run and Scream Game



“Running was one of the most purposeful skills to develop strength, lung power and endurance. The variations in games using running were vast among all tribes. Boys and girls reaching adolescence and women and men participating in arduous competitions gave power and healing to their people” (Dee Ann Brady-Leader, 2012)

“The run and scream game is a test of endurance. We use carved sticks with decorations of feathers and beads because the grass gets really high out in the prairie and there are gopher holes making it is easy to lose our sticks. These sticks are also our endurance markers to mark our lung capacity while running.”

“When we race this race, its really a race against ourselves to measure our lung capacity, although traditionally, the longest run and scream would be the winner. To play the game, we take one big breath and scream for as long as we can and run as far as we can. At the point when we run out of breath, we stake our sticks into the ground. The decorations also help us to identify our stick when we have a number of people playing together. If they fall into a gopher hole we can still find them with their decorations”.

(Mary Ellen Little Mustache)



References

Brady-Leader, D.A. (2012). *How we learned is who we are: Blackfeet and traditional learning practices. Research of the Blackfeet: Manuscript for Blackfeet Community College, with permission.*



Running games benefit brain development and Maintains good cognitive function

When children run and play they are developing more than just their physical skills; they are also building long-lasting effects on their developing brains.

- ♦ *Exercise increases blood flow to the brain which is necessary to transport oxygen and nutrients the brain needs for heightened alertness and mental focus. People who exercise a lot have improved short-term memory, exhibit a faster reaction time, and have a higher level of creativity.*
- ♦ *Exercise also increases the body's level of brain-derived neurotrophic factor (BDNF) that in turn enables brain cells to branch out and make new connections in ways that increases your children's capacity to learn.*
- ♦ *Exercise increases your child's strength, flexibility, and endurance that is essential to build the confidence children need to go through the various challenges of childhood; for example, to run to catch the bus, carry heavy books and bend to tie shoes (Meyer, et, al. 2020).*
- ♦ *Enhanced cognition and memory has been found in children and adolescents who were physically active including children from women who exercised during pregnancy and elderly people have benefited with reductions in depression (Gomes de Silva & Arida, 2015; Veruzzio et. Al., 2018).*
- ♦ *A valuable and proposed mechanism of continual exercise is in the microbiome-gut-brain axis. Aerobic exercise has shown to increase the diversity of gut microbiome, decrease irritable bowel syndrome and decrease depression and anxiety (Dalton, Murrner, & Zuhl., 2019).*

References

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