

Run and Scream

Aksiistapooks kasi' oohkoomi

How to Play

1. Have everyone line up at a starting point for a race with a decorated stick.
2. Make sure there is enough room to run a long distance.
3. On the count of three, everyone screams as hard as they can for as long as they can while running a long distance.
4. Each person plants their decorated stick in the ground where they ran out of breath to mark their distance.
5. Another race can be run from the end line back to the start line.

What They Learn

1. Blackfoot Language:
 - Niitookska (One)
 - Natooks (Two)
 - Niiookska (Three)
2. Blackfoot culture: engaging with traditional ways of learning skills.
3. How to build strength and endurance with each trial.
4. Enhanced attention and cognition.



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