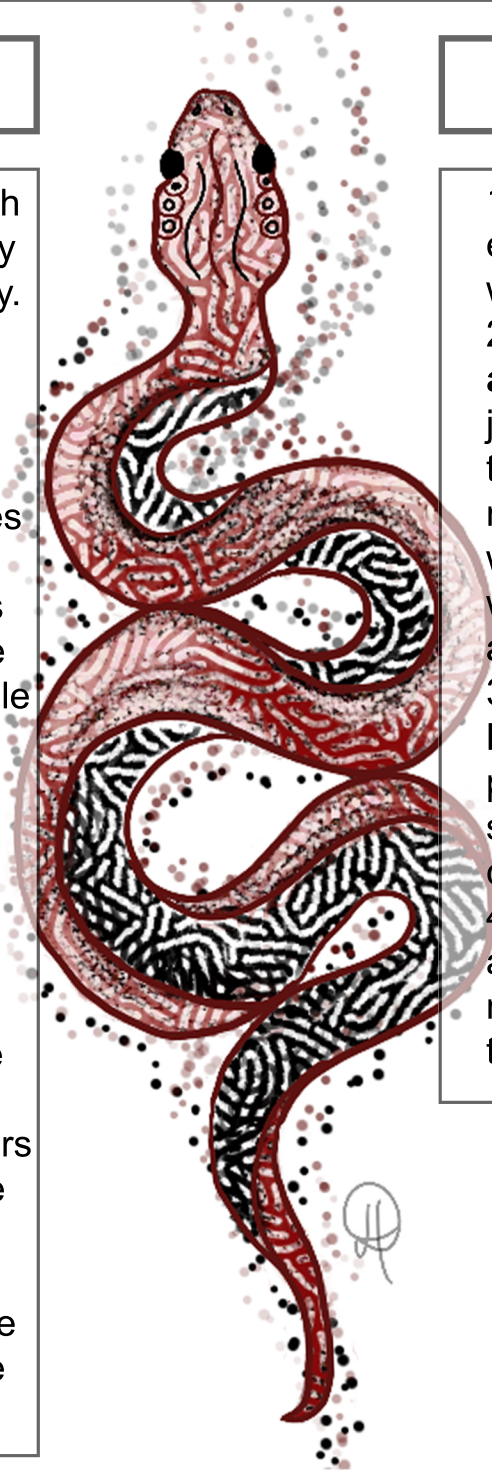


# Snow Snakes

Isstaimiksisstao'p

## How to Play

1. Begin the game with deciding if you will play in teams or individually.
2. Make 2 lines: the run-up line and the throwing line.
3. Designate an area for throwing the snakes or javelins.
4. Each player swings holds the javelin in the palm of their hand while they run and hop from the run-up line to the throwing line.
5. Once the player reaches the throwing line, they simultaneously throw the javelin through the designated area.
6. Alternatively, players can start from one line to roll or throw the snake.
7. The players with the longest throws win the heat.



## What They Learn

1. **Blackfoot culture:** engaging with traditional ways of learning skills.
2. **Motor Coordination and Inhibition:** by jumping, hopping and throwing in a timely manner coordinates whole-body movement while inhibiting impulsive actions and decisions.
3. **Planning and Monitoring:** for assessing previous mistakes and successes to refine coordinated actions.
4. **Emotional Control:** by accepting and correcting mistakes and/or losses of the game with respect.



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