The activity I chose to engage in was shovelling snow after the big blizzard we had at the beginning of our break! I forgot to take a picture before hand and was too cold after! I also thought sharing a picture of my beautifully shovelled driveway would probably be a boring picture to share, so I have not included one! buuuutttt, for a mental picture - I was decked out in winter boots, ski pants, a big winter jackets, a scarf, mittens and a toque with rosy cheeks!

1. What privileges do you have that allow you to participate in this activity safely, confidently, etc.?
I have many privileges that I could acknowledge while completing this task. To begin, I am able-bodied and can bare the cold while participating in physical activity outside! Luckily, I am able to help those around me that aren't able to complete this task on their own. I am able to own my own snow gear, snow removal equipment and rent a place that I need to shovel - I am privileged in my socio-economic status. Further, I was able to take time off of work without it being detrimental to my way of life - I was able to pay my bills, my rent and buy the things I need for survival without that day of work. Being a white settler-Canadian I am aware that my physical appearance allows me to participate in this activity without fear of being discriminated against by those passing by my home.

2. Are there any privileges that you do not hold that impact how you participate in this activity and/or about decisions you make around participating in this activity?
Luckily I have chosen an activity within my own property and have done it within the day time. That being said, there is little privileges that I lack that would impact my participation in this activity. However, I would not go door-to-door to my neighbours without knowing them first. I am not sure if this is a gender thing or my irrational fear of being kidnapped/attacked, but I often watch my back when alone or with another girl friend when out and about for any reason. I am very fortunate in my life and in the way my society sees my physical appearance as I am often not subjected to discrimination or oppression when doing day to day activities such as shovelling.

3. How do you think you might speak with your future students around the connection between safety, physical activity, and oppression and/or discrimination?
As I reflect on my privileges I realize that as I teach my students about safely participating in physical activity, I would ask them to acknowledge/bring aware their own privileges that allow them to participate in the activities that they enjoy in their community. However, (keeping in mind the fear mentioned in question 2) I would teach about safe practices when participating in activities in public. For example, only going with those that are in your trusted circle (family, family friends, etc.), creating a safety word between child and trusted adults, etc. I would stress that the students practice the buddy system and to always tell someone where you are going to be. I would stress that my students be allies to all those that face discrimination when participating in physical activity. I would find activities for the learning environment that all students can participate in regardless of their abilities. I would try to talk to my students about how people may be unable to participate in some activities (due to abilities or privileges that some do not hold in our society) without creating a fear of enjoying the environment around them alone or with others. However, this is something I am still exploring and learning more about - how do I discuss real issues in the world without creating fear of what is out there in my students? Luckily, I have a lifetime of learning left.