



LESSON PLAN

OUTDOOR / ECOLOGICAL EDUCATION

TITLE: Feel Nature

TRAINER: Giuseppe Perrotti- 26/06/2022 (Modified from Zadobrova Primary School)

TIME REQUIRED: 60 minutes

AGE TARGET: preschool, primary

LESSON OBJECTIVE: To explore the environment, name colors, understand how our senses aid us in exploration. Team building and trust.

MATERIALS USED: Worksheet (one each two participants), the natural environment around, some food (berries, seeds and nuts) to eat.

LESSON OUTLINE:

Presentation- Hand out one worksheet for each pair of participants. Explain that they will engage in six different sensorial activities.


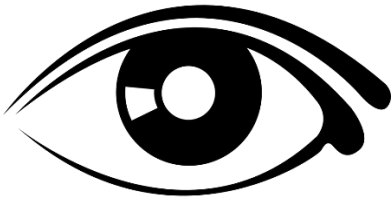

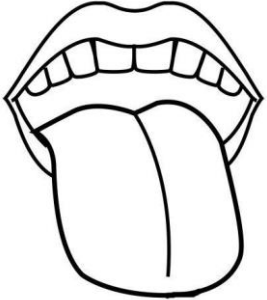


Activity-

Tell your group to follow the first activity on the worksheet. Then come back and form a circle. Repeat until all activities are complete.

REFLECTION:

“The senses are the way we collect information from the world around us. Such information is then elaborated by our perception which not only constructs an image but also associates a feeling and meaning to it. That feeling and meaning shape our thoughts about reality and our thoughts shape our actions.”

Feeling Nature

<p>1.</p>  <p>Close your Eyes and write down 5 different things you can hear.</p> <ul style="list-style-type: none"> ◦ _____ ◦ _____ ◦ _____ ◦ _____ ◦ _____ 	<p>2.</p>  <p>Look around and find something: Green, Yellow, Red, Brown and White. Write them down.</p> <ul style="list-style-type: none"> ◦ _____ ◦ _____ ◦ _____ ◦ _____ ◦ _____ 	<p>3.</p>  <p>Work in pairs. One person looks for a natural item. The other, with eyes closed has to guess what it is only by smelling at it.</p> <ul style="list-style-type: none"> ◦ _____
<p>4.</p>  <p>Work in pairs. One person gives the other one 4 different things to taste. The other needs to guess what they are and write them down.</p> <ul style="list-style-type: none"> ◦ _____ ◦ _____ ◦ _____ ◦ _____ 	<p>5.</p>  <p>Work in pairs. One person goes to find one item for each property: rough, smooth, wet and stiky. The other person has to guess what it is just by touching it.</p> <ul style="list-style-type: none"> ◦ _____ ◦ _____ ◦ _____ ◦ _____ 	<p>6.</p>  <p>Find a tree in and hug it with your partner to experience the sensation of "Feeling" a sense that gives us information about our relation with the world around us.</p> 