

Presents

NATURE PLAY

DIY Guides to the popular Starting Out Wild and Growing Up Wild Programs

EARTH DAY

Lesson Plan

1. Gather – Hello Song
2. Read – Celebrate Earth
3. Learn – Let's Help the Earth
4. Sing – Sharing is Fun
5. Move – Recycle Cheer
6. Walk – Walk around outside. Play eye-spy. Count what you see.
7. Create – A Recycle Box
8. Snack – Blueberry Planet
9. End – Goodbye Song

PREPARATION

Do you recycle? If so, move your blue recycle bin to a nice area to spend some time in, perhaps under a shady tree. If you do not recycle, pick an area outside where you can learn and talk about the different parts of Earth.

If you are outside, take time to make sure the area is safe, check for poisonous plants or wildlife that you might want to keep your distance from.

MATERIALS NEEDED

- Cardboard box
- Recyclable items, such as clean plastic containers or ready to discard paper

SNACK

Gather the supplies to eat a snack before engaging in this activity so they are ready when you get to them. Plan to talk about how some foods come from flowers.

Snack Ingredients

Bagels, or bread cut into a circle

Cream cheese

Blueberries

Green Grapes

TARGETS

- Today is Earth Day, a day to think about how we can make the Earth healthier and cleaner.
- We can reduce our use of energy, water, and materials like paper and plastic.
- We can re-use objects and re-purpose to use them in different ways.
- We can recycle plastic with 1-7 on them, tin cans, aluminum cans, glass and paper.
- We can save our food scrapings to make compost for our gardens.

VOCABULARY WORDS

Reduce

Use less and save more

Re-use

Use the item again and again, like a water bottle

Recycle

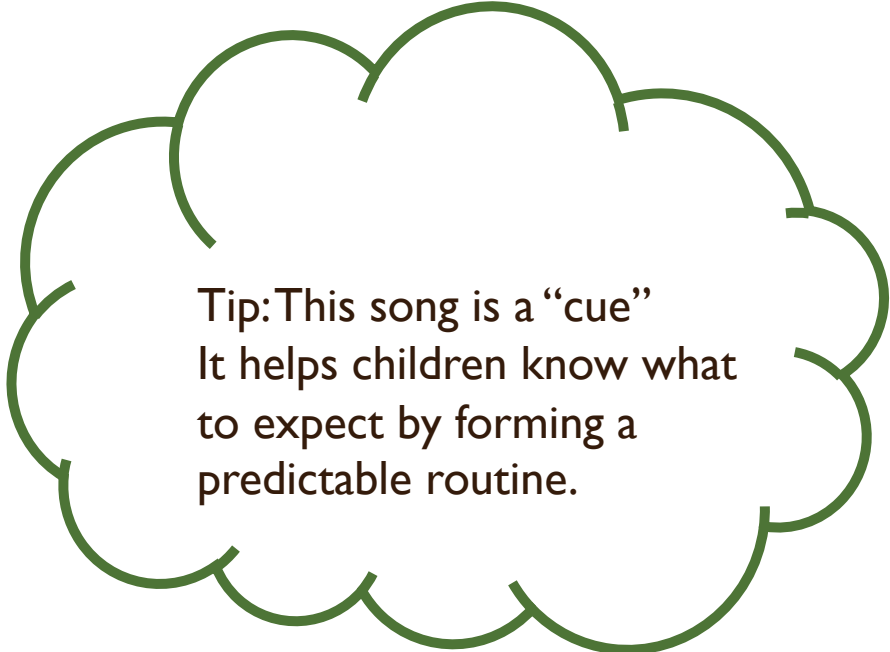
Use the item to make something new, like paper



HELLO SONG!

Sing to the tune of “Goodnight Ladies”

Hello children
I see you
I’m very happy
To see you
Greet your neighbor
Boogie on down
Give a clap and
Turn around.



Tip: This song is a “cue”
It helps children know what
to expect by forming a
predictable routine.



READ

CELEBRATE EARTH

Poem

*Come celebrate the Earth with me
The oceans, meadows, mountains and trees*

*I'll celebrate the Earth with you
The flowers, people and creatures too*

*Let's celebrate the Earth together
With new green grass and exciting weather*

*Come celebrate the Earth with me
And respect all that we see*



LEARN

LET'S HELP THE EARTH

Reduce

We can reduce our use of energy, water, and materials like paper and plastic.

- When we use less, everybody can have more

Re-use

We can re-use objects and re-purpose them to use in different ways

- Help your child find ways to make toys out of toilet paper rolls, or have fun stacking plastic milk bottles then knocking them down.

Recycle

We can recycle plastic with the numbers 1-7 on them, tin cans, aluminum cans, glass and paper. But they have to be clean first!

- Show your child where the recycling box is in your home.
- Show them items that they could help you dispose of.



SING

Sing to the tune of: "Twinkle Twinkle, Little Star"

(Sing holding hands)

Sharing with our friends is fun.
Try to share with everyone.
Using less, we all get more.

(Hands go together/small and then wide apart.)

That's what sharing's really for.
Sharing with our friends is fun.
Try to share with everyone.

Tip: Feel free to sing this song several times to engage your child. Repetition is an important component to learning.



MOVE

RECYCLE CHEER

Reduce, (Hands go from big to small.)

Reuse (Hands circle each other.)

Recycle (Hands put object in a pretend recycle bin.)

Reduce, (Hands go from big to small.)

Reuse (Hands circle each other.)

Recycle (Hands put object in a pretend recycle bin.)

Reduce, (Hands go from big to small.)

Reuse (Hands circle each other.)

Recycle (Hands put object in a pretend recycle bin.)

When we use less, (Hands swipe apart.)

We all get more (Hands go way out to the sides.)

Tip: Act out the movement cues as you read the sentence.



WALK

SEARCH FOR EARTH

- Go outside, look up, look all around, can you find Earth?
- Use all the senses to experience the things that we love on Earth.
- Pat the ground and tell your child that we are standing on Earth
- Talk about what you are seeing

I SPY

Play a game of I spy and spy different parts of Earth. See if your child can recall the vocabulary they just learned.

“I spy, with my little eye, something _____”

Some suggestions:

- *“I spy, with my little eye, something rough”*
- *something pink*
- *something small*

COUNT

As you look around your surroundings, count out what you see.

- How many petals does it have?
- How many trees are in front of you?
- How many people are there?



CREATE

MAKE A RECYCLING BOX

1. Find a cardboard box big enough to put some recyclable items in
2. Collect some recyclables that your child can play with, such as:
 1. Empty plastic bottles (with the caps removed)
 2. Newspaper or any ready-to-discard-paper
3. Show your child how to recycle, by putting the items in the cardboard box
4. Empty out the box and tell them to try
5. Clap for them when they succeed
6. Repeat

Tip: Toddlers love to put things in containers and dump it out again. This helps with spatial development. So be patient, they may want to play this game for a while.

Tip: Getting your child to talk about what they are doing as they put items in and take items out will help them better understand the concept.



SNACK

Tip: Invite them to help you arrange a snack. Talk about the parts of the Earth as you decorate your snack

BLUEBERRY PLANET

Prep: Cut a handful of blueberries and grapes into halves

1. Grab a bagel, or cut a slice of bread into a circle.
2. Spread cream cheese on the bagel, or bread.
3. Have your child help you decorate their bagel with fruit, using green for land and blueberries for water.
4. Enjoy!

Tip: While eating the snack, ask your child about what you just saw. What is their favorite part about Earth?
How do you know?



GOODBYE SONG!

Sing to the tune of "Goodnight Ladies"

(wave to everyone while singing)

Goodbye, my friends (x3)

It's time to say goodbye

(blow pretend kisses at each other)

Blow kisses, my friends (x3)

It's time to say goodbye!

(stand up and bow to each other)

Bow to my friends (x3)

It's time to say goodbye!

Good bye!!!

Tip: This song is a "cue"
It helps children know what to expect
by forming a predictable routine.