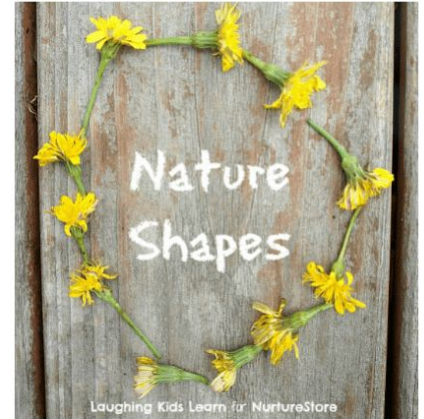


# Earth Day inspired Outdoor Ed.

From <https://www.howweelearn.com/>

## Making Nature Shapes:

1. Go outside and collect various items found in nature (sticks, grass, pine cones, rocks, etc). Remember to be respectful of nature and not to pick things that should be left for all to enjoy.
2. As you are collecting your nature supplies, take notice of what you see, hear, smell, and feel.
3. Once you have a variety of items, use what you have gathered to create shapes.
  - a. Are some shapes easier to make?
  - b. Are some items easier to make shapes with?
  - c. Challenge yourself to try and make a 3D object.
4. When you are finished making shapes you can select a few items to bring back inside to classify.
  - a. How many different items did you collect?
  - b. What did you collect the most of?
  - c. What did you collect the least of?
  - d. What is your favourite item that you collected?



## Playdough Nature walk

While on a nature walk or playing in the backyard, bring playdough for some added fun and exploration.

1. start by doing some imprints into the playdough with leaves, acorns, rocks, tree stumps, branches and/or bark.
  - a. looked at different imprints and compare sizes and shapes.
  - b. You could take turns making imprints and guessing the nature item they came from.
  - c. Put play dough on two trees: one with smooth bark and one with very textured bark. What did you notice?
2. When you are finished making impressions, you can use the play dough to create a face or picture using items found in nature.



# Shape Yoga

<https://www.kidsyogastories.com/shapes-yoga/>

## 1. Downward-Facing Dog Pose

**Pretend to be a Triangle.**

From Standing Forward Bend, step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend to create a triangle shape. (You could also practice Triangle Pose to see a triangle created with your legs.) Say, "I'm a triangle!"



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## 2. Plank Pose

**Pretend to be a Rectangle.**

From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes, in a plank position. Keep your arms straight and your back long and flat. Imagine that you are creating a rectangle shape with your body. Say, "I'm a rectangle!"



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## 3. Table Top Pose

**Pretend to be a Square.**

Drop your knees gently on the floor and come to an all-fours position with your fingers spread out and palms flat on the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to create a square shape with your body. Say, "I'm a square!"



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## 4. Child's Pose

**Pretend to be a Circle.**

Shift back to sitting on your heels. Slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a circle shape with your body. Say, "I'm a circle!"



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## 5. Resting Pose

**Pretend to be a Star.**

Lie on your back with your arms and legs stretched way out, like a star. Say, "I'm a star!" Breathe deeply and rest.



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