

KIDS IN NATURE



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# "NATURE KIDS" ACTIVITY PACK

Teachers guide book



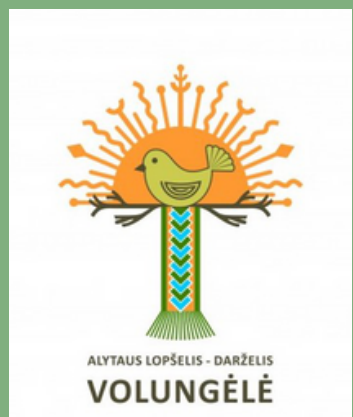
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**Kindergarten With Extended Program No.1**  
Buzau, Romania

# Welcome to "Nature Kids: Activity Pack - Teacher's Guide Book."

In today's rapidly evolving world, nurturing a deep connection to nature is more important than ever. As educators, we have a profound responsibility to instill in our young learners not only a love for the natural world but also the knowledge and skills they need to become responsible stewards of our planet. "Nature Kids" is a comprehensive and methodical resource created to empower teachers like you to inspire a lifelong appreciation for nature in your students.

In this publication, you will find a variety of classroom activities to transform your teaching into a nature-rich experience. Our aim is simple yet profound: to reconnect children with the beauty and wonder of the natural world, fostering a sense of responsibility and a passion for sustainability from the earliest stages of children development.

As you delve into "Nature Kids," you'll discover innovative ways to integrate nature-based learning into your curriculum. From science and geography to art and storytelling, this guide will equip you with the tools and ideas to infuse nature into every subject, making your classroom a vibrant hub for exploration, discovery, and growth.

But "Nature Kids" isn't just about what happens within the classroom walls. It's about encouraging outdoor education, exploring the world beyond textbooks, and instilling in children a sense of awe and appreciation for the natural world that surrounds them. It's about empowering them to become the custodians of our planet, guiding them toward a sustainable and harmonious future.

Whether you're an experienced educator with years of experience or a novice teacher just starting your journey, "Nature Kids" is designed to support and inspire you. Our aim is to make the process of bringing nature into your classroom accessible, enjoyable, and deeply rewarding.

So, open these pages and let's embark on a mission together: to raise a generation of "Nature Kids" who are not only academically enriched but also deeply connected to the world around them, ready to embrace and protect the wonders of nature for generations to come!

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# A PATH TO NATURE





- **Activity name: Cleaning the river.**
- **Age of children: 5 years old.**
- **Objectives: creation of ecological culture in children from early childhood.**
- **Materials: Garbage bags, gloves, sticks or tongs.**
- **Description of the activity: visit a riverside and clean up the litter. Observe nature and specific details relevant to the banks of the river.**



- **Activity name: A hike to a local lake.**
- **Age of children: 4-5 years.**
- **Objectives: learn how to take care of birds in the winter season and realize what impact our actions can have.**
- **Materials: food for birds - seeds, salad leaves.**
- **Description of the activity: firstly, together with students research local wintering birds and make a book about them. Then observe birds that visit your kindergarten area. Lastly, visit local lake (or other local body of water) to see what birds lives there. Feed the birds with healthy food and discuss why bread (wheat products) is bad for birds.**



- **Activity name: "ICE FAIR"**
- **Age of children: 3-6 y/o**
- **Objectives: learn about qualities of water and ice; recognize shapes and differences in size; learn verbal counting sequence; recognize colours;**
- **Materials: various ice-cube moulds and trays; balloons; water; food colouring or bright-coloured food items (like pumpkin or strawberry puree); trays or small boxes.**
- **Description of the activity: together with students prepare various ice items using moulds and food colouring and produce. Place the items outdoors on the stalls. Let children "shop in the market" for various items made of ice. Discuss with the students their "shopping cart": what are the colours, shapes, what the items are made of; count the items; talk about ice qualities; etc.**







- **Activity name: Greening in nature.**
- **Age of children: 4-5 years.**
- **Objectives: the formation of the civic spirit to preserve cleanliness in nature; developing interest in keeping nature clean; discovering the importance of cleanliness in nature.**
- **Materials: bags, shovels, vests.**
- **Description of the activity: preschoolers participated in a large greening action. They collected all the garbage present on the green land, sorted the garbage and discovered the importance of keeping nature green, without garbage.**





- **Activity name: Forest Scavenger Hunt.**
- **Age of children: 5 years**
- **Objectives: encourage children to discover, explore and learn about living and non-living nature, and develop social skills.**
- **Materials: egg boxes, printouts of various forest features.**
- **Description of the activity: prepare and print out a schema of 10 forest/nature objects and glue it to the inside part of the egg box lid. Offer to the children to invited their grandparents to the forest and together they search for autumn forest features.**





- **Activity name: “Story rocks”**
- **Age of children: 5 years**
- **Objectives: creation of ecological culture in children from early childhood**
- **Materials: pebbles, paint, brush.**
- **Description of the activity: visit the forest with the children. Together study nature and trees. Collect pebbles and paint various nature items on the pebbles. then tell a story about Nature followint the pictures on the painted pebbles.**



# A BEE FRIENDLY GARDEN





- **Activity name: Herbs useful for bees.**
- **Age of children: 5 years.**
- **Objectives: recognize and name beneficial herbs; learn about the beneficial effect of bees and pollination on biological diversity and ecological sustainability.**
- **Materials: seeds, soil, garden tools, water.**
- **Description of the activity: sow seeds that benefit bees. Look after the plant while it grows. Monitor and record plant growth and development.**



- **Activity name: Beekeeper visit to kindergarten.**
- **Age of children: 5-7 years.**
- **Objectives: get information about bee life and honey cultivation.**
- **Materials: beekeeper's equipment, honey for tasting.**
- **Description of the activity: invite a beekeeper to the classroom. Beekeeper informs children about bee's life, their healing power and importance in our life. The beekeeper talks about how to become friends with bees. The presentation follows a honey tasting, honeycomb and beeswax observation, trying on some parts of beekeeper equipment. The presentation is reflected by making a "bee corner" in classroom using magic of colors and other materials.**



- **Activity name: bubble wrap beehive.**
- **Age of children: 2-6**
- **Objectives: identify and describe a hexagon shape; connect this shape to the object in nature (beehive); train fine motor skills and problem-solving skills.**
- **Materials: bubble wrap, paper, pencil, scissors, yellow paint.**
- **Description of the activity: students make a colourful print on the paper by using bubble wrap. Then trace a hexagon shape on the print and cut it out. Use the cutouts to make a beehive and reflect the knowledge students have about the bees and beehive.**  
**Let the 2-3 y/o students try to figure out how to dip the bubble wrap in the paint and press it to the paper.**



- **Activity name: Friends with Bees!**
- **Age of children: : 5-6 years.**
- **Objectives: discover information about the life of bees and their living environment.**
- **Materials: beekeeper's equipment, honey for tasting.**
- **Activity description: children discovered information about bees and their lifecycles. The teacher tells the children about the lifecycle of bees, their healing power and importance in our lives. Students creates a bee hotel from natural materials.**





- **Activity name: Life of Bees.**
- **Age of children: 4 - 5.**
- **Objectives: to recognize and name all the stages of a bee lifecycle; gain knowledge about different roles and responsibilities within the hive; honey tasting.**
- **Materials: stories and songs about bees, plastic figures of the life cycle of bees.**
- **Description of the activity: first, talk with students about bees to learn how much children already know about bees. Then, read about bees from different books. Afterwards, compare bee roles and responsibilities with human roles and responsibilities. Manipulate plastic figures of the life cycle of bees to recognize and name different stages. Finish the lesson by tasting honey made from different plant pollen. In the end, let children reflect by painting bee paintings with watercolors and brushes.**





- **Activity name: Bee Drama!**
- **Age of children: 5 Years.**
- **Objectives: introduce the concept of pollination; learn about plants beneficial to bees; gain knowledge about the beneficial effects of bees on plant pollination, biodiversity and ecological sustainability.**
- **Materials: bee costume, tree costume, flower costume, water, soil, plant pots.**
- **Description of the activity: introduce the pollination concept to the students followed by the activity of sowing beneficial flowers. Monitor the growth and development of plants. Reinforce the knowledge by directing a drama activity of children performing “A day in life of a bee”.**



# FROM GARDEN TO TABLE



- **Activity name: soup from scratch.**
- **Age of children: 5 years**
- **Objectives: to form knowledge about the diversity of seeds, about the role of seeds in nature and human life; to develop teamwork and the desire to put the acquired knowledge into practice.**
- **Materials: seeds, soil, planting tools, greenhouse. For the cold soup - cucumbers, yoghurt, garlic, water, salt and dill, a vegetable grater, a spoon, and a bowl.**
- **Description of the activity: sow the vegetable and herb seeds. Monitor the growth through the seasons. Collect the harvest. Prepare the cold soup using the own grown vegetables and herbs and eat with a healthy appetite!**





- **Activity name: Vitamin party!**
- **Age of children: 6-7 years**
- **Objectives: to form the habit of cooking from self-grown plants. Learn that healthy food can be very tasty. Get positive emotions by making healthy snacks together with parents.**
- **Materials: recipe cards, dishes, ingredients for snacks: sprouts, tomatoes, radish, cream, cottage cheese.**
- **Description of the activity: 4-5 days before the activity children start to sprout plants by putting seeds in special sprouting containers. Together with students write down recipes and prepare everything for parents' visit. Invite parents to a "Vitamin Party" where kids perform a role play "Tomatoe in the basket" and, afterwards, kids together with their parents make healthy snacks and enjoy them together!**





- **Activity name: Bean Cycle**
- **Age of children: 3-4**
- **Objectives: to learn about the various stages of a bean plant from the single seed to the full-grown plant.**
- **Materials: a transparent bag or box, soil, a bean, colour paper, scissors.**
- **Description of the activity: students plant a bean in a transparent bag or box. Since it takes weeks for a seed to germinate and grow its leaves, students create a paper version of the growth cycle to observe and visualize the process. Later on students take care and observe the growing plant. The plant growth information is recorded in a special observation sheet. Students document changes in plant's measurements, colour, leaves, flowers, size etc., compare and discuss the reasons of the recordings.**





- **Activity name: Vitamins from what? Fruits and legumes**
- **Children's age: 3-4 years**
- **Objectives: learn about the route of vegetables and fruits - from the soil to the table; taste various fruits/vegetables; learn about the importance of eating fresh grown food.**
- **Materials: vegetables, fruits, apron, knives, soil, oil, salt.**
- **Description of the activity: prepare a basket with various fruits and vegetables. Talk with students about how vegetables and fruits grows, how they provide beneficial vitamins and other health benefits. Divide students into the smaller groups and let students pick the fruits or vegetables from the basket and prepare various salads together.**





- **Activity name: Little gardeners.**
- **Age of children: 4 - 5 years.**
- **Objectives: teach children about different tasks and stages in taking care of the garden; present various gardening tools; teach the sense of responsibility.**
- **Materials: seeds, washing bowl, watering can, garden tools, cutlery, pots.**
- **Description of the activity: the process starts with preparing the garden/garden beds, organising space for different plants, then sow the seeds in designated spaces. During the seasons water the garden and observe the growth of different plants and spices. When it's time, collecte the harvest, we clean it up and prepared a delicious salad for lunch or other delicious snack.**







- **Activity name: From our garden to the table!**
- **Age of the children: 4 - 5 years.**
- **Objectives: to give children a sense of responsibility; to present the concept and stages of gardening.**
- **Materials: seeds, washing bowl, watering can, flower pot.**
- **Description of the activity: prepare the necessary materials for planting seeds and sow the seeds with students. Once big enough, transfer the seedlings to the garden space. Water the garden and observe the growth of different types of plants. Once ready, collect the harvest. Reflect with students on the whole cycle and the gardening experience.**



# TREES, PLANTS & EDIBLE WILDS



- **Activity name: Finding wild edible plants.**
- **Age of children: 5 years.**
- **Objectives: to learn about the variety of local trees and shrubs; to be able to distinguish different trees, and shrubs, find and locate them in natural surroundings.**
- **Materials: appropriate clothing for a hike in the forest; backpack with food and water; small bag or box for picking edible plants.**
- **Description of the activity: walk in the forest and observe the plants together with students. Present various types of edible trees and shrubs. Pick wild edible fruits.**



- **Activity name: Chestnut Hunt.**
- **Age of children: 6-7 years.**
- **Objectives: to introduce trees growing locally; to know what benefits each tree provides; learn to count; figure out how the chestnuts could be used in daily activities.**
- **Materials: bags for chestnut collecting, scales, blackboard or big paper sheet.**
- **Description of the activity: the teacher and kids go for a walk sharing experiences of what trees they can usually observe on their way to kindergarten. Then separate students into 4 work groups and for 10 minutes students collect chestnuts. Afterwards, in the classroom weigh the chestnuts from each group to see which team collected the most. Analyze the correlation between the size and the weight of the chestnuts. Finally, allow children share their ideas how the chestnut could be used in our daily activities (counting, letter learning, use for art, for sencore games, put out ornaments, outdoor decorations).**

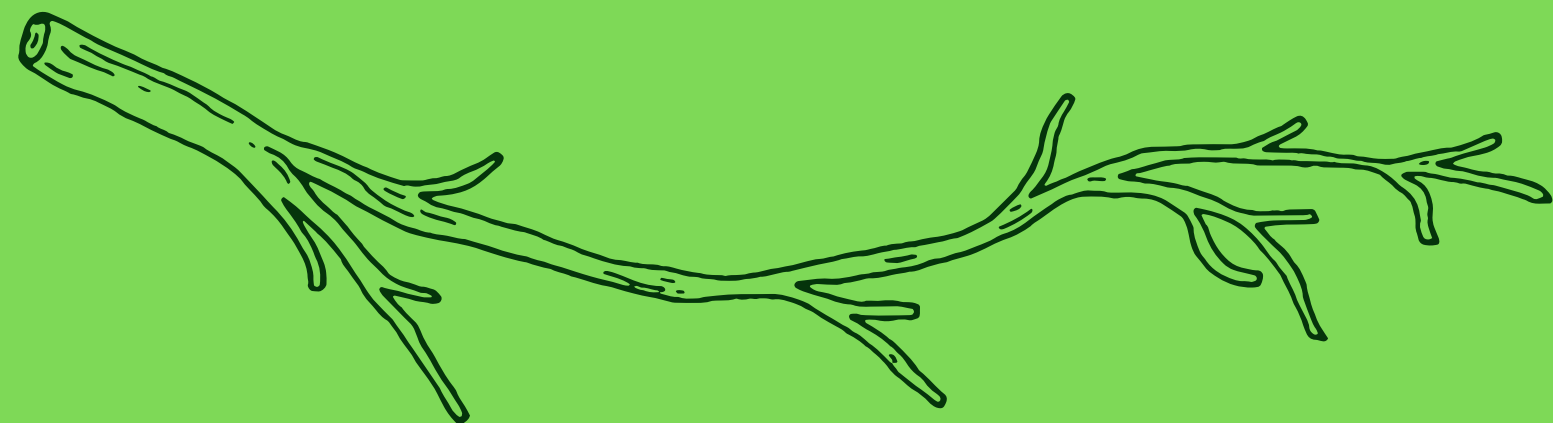




- **Activity name: Magical Forest.**
- **Age of children: 5-6**
- **Objectives: to recognize trees growing in local forests and parks; practice teamwork and decision-making.**
- **Materials: A3 size paper sheet, gluestick, crayons and pencils, labels with tree names.**
- **Description of the activity: present the theme (trees) to the students and allow them to pick a title for the activity. Together with students find out what types of trees are growing in local areas and prepare labels with tree names. Children colour sheets of paper with wax crayons. On each sheet stick the names of trees. Go outdoors to the local park, or forest and look for selected trees, and collect their leaves. Find an area to sit. Stick the collected leaves to the names of the trees. After completing the task discuss with students each type of tree and activity experiences.**



- **Activity name: Plants - the cycle of life.**
- **Children's age: 5-6 years**
- **Objectives: to learn about all the ways plants can be used in everyday life; discover medicinal plants; prepare tea with edible wild plants; paint with plant dyes.**
- **Materials: a variety of local edible wild plants, sea buckthorn, boards, paint, mugs, honey,**
- **Description of the activity: present the information related to wild plants and trees that can be made into tea. Guide students in making tea. Use sea buckthorn berries as a natural paint and create various drawings.**



- **Activity name: How old is the tree?**
- **Age of children: 5 years.**
- **Objectives: to know specific characteristics of living nature - knowledge of how to determine the age of a tree.**
- **Materials: tree trunk in the woods, pencil and paper, suitable footwear and clothing, natural material from the forest, tempera paint, glue, cardboard base**
- **Description of the activity: go outdoors and look for a tree trunk in the forest. Once the tree is found, count the circles in the trunk that illustrate the number of years. Then let the students draw the years of the trees on paper and compare them with the drawn years of each child. Later, forest paint can be made with natural materials with the same number of ingredients as counted for the age of the tree.**





- **Activity name: Tea from Scratch.**
- **Age of children: 5 years old.**
- **Objectives: learn to distinguish different tree types; learn about edible plant material in the wild.**
- **Materials: clothes suitable for hiking in the forest, a bag or box for collecting edible plants.**
- **Description of the activity: together with students go on a hike in the forest and observe the various plants. Present the beneficial and edible trees to the students. Collect wild edible fruits, leaves or herbs. Bring the plant material to the classroom and make a tea from it. Discuss with students all the attributes of different teas.**





- **Activity name: T-Shirt Printing with Nature!**
- **age of children: 5-6 years old**
- **Objectives: to encourage nature exploration; to introduce various ways of how the plants can be used.**
- **Materials: colorful vegetables, bucket, brush, t-shirt**
- **Description of the activity: vegetables that give natural color from the garden are collected and washed. The collected vegetables are grated and put in boxes. Children are using vegetable dyes to print color on the t-shirt.**



# ANIMALS IN NATURAL CYCLES





- **Activity name: Getting to know ostriches.**
- **Age of children: 5 years**
- **Objectives: systematization of knowledge about life processes in animals; observing and describing the developmental stages of egg-laying animals.**
- **Materials: ostrich farm, eggs, feed.**
- **Description of the activity: visit the farm, participate in the feeding, observe an ostrich egg and talk about their growth and development.**



- **Activity name: Food chain.**
- **Age of children: 5-7 years**
- **Objectives: to learn what living environment is good for different animals; learn about the food chain.**
- **Materials: good mood, observation sheet.**
- **Description of the activity: visit a local Zoo and observe how animals are fed. Try to observe a snake's terrarium to see how a snake eats smaller animals, this would help students to understand what is a food chain. After excursion students fill in an observation sheet trying to remember what animals and processes were seen.**



- **Activity name: "What lives in the tree"**
- **Age of children: 3-4 years old.**
- **Objectives: to learn about a tree's "ecosystem" - what lives in the branches, hollows, cavities and roots.**
- **Materials: colour paper, a big slice of white paper (a leftover wallpaper is suitable), scissors, glue, various animal toys and paper cutouts of animals, insects, and birds.**
- **Description of the activity: together with students make a tree (with roots and branches) of colour paper and glue it on a white background; talk with students about the tree and what life and inhabitants there are on, above and below the tree; cut out animal, bird, insects images; let children decide where each toy or paper animal, insect, bird would live and place them on a tree.**

If possible extend the lesson outdoors: go to the nearest outdoor environment and observe real life tree. Let students interact, track and discover real life animals, insects and birds in the real surroundings.

To make lesson even more engaging and knowledgeable organize a lesson in the forest with a forester.

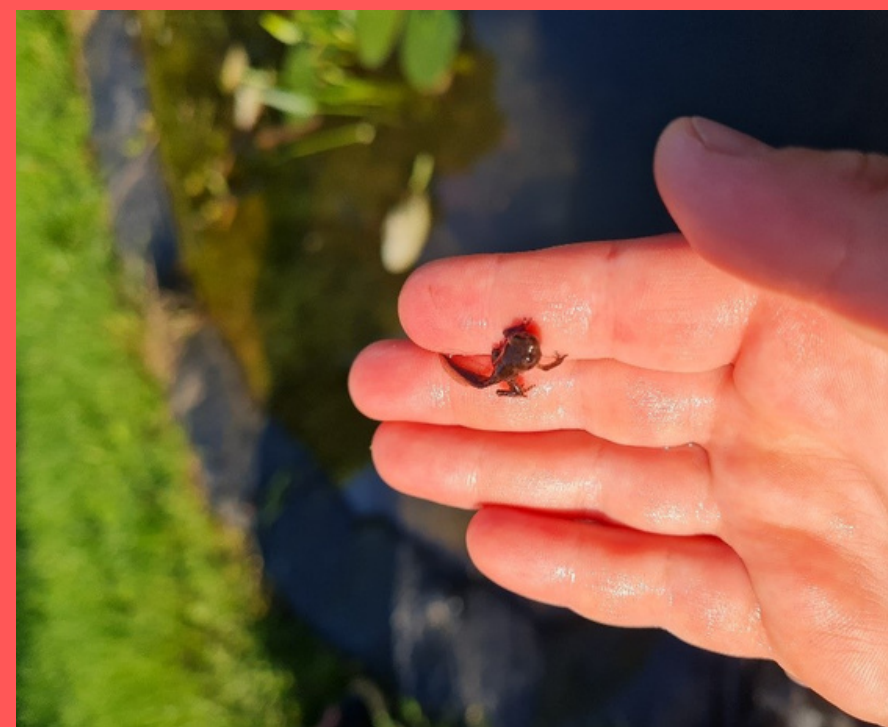


- **Name of the activity: All the animals..**
- **Age of children: 5-6 years**
- **Objectives: to learn about many different species and varieties of animals; to discover the living environment for different types of animals.**
- **Materials: smiles, observation sheet.**
- **Description of the activity: visit the local zoo or Natural history museum and observe different animals. After the field trip, children complet an observation sheet about the animals and different experiences from the trip.**





- **Activity name: life cycle of a frog**
- **Age of children: 5-6 years**
- **Objectives: observe a life cycle of frogs; to foster sense of responsibility, teamwork; learn public speaking.**
- **Materials: big jar, plastic cups, arts material**
- **Description of the activity: bring a jar of tadpoles to the classroom. Take care of tadpoles, change their water, feed them, observe them and take notes of their development. From the observations construct a frog life cycle poster and present it to the parents.**





- **Event name: what are domestic animals?**
- **Children's age: 5 years old**
- **Objectives: learn about the life processes of domestic animals.**
- **Materials: animal farm, various animals, feed.**
- **Description of the activity: the animal farm is visited. Information about animals is given. The feeding of animals is observed. Chicken and eggs of various birds are examined and talked about.**





# LONG-TERM NATURE EDUCATION





- **Activity name: The Kindergarten Nature Explorers Group.**
- **Age of children: 3-6.**
- **Objectives: to make sure kindergarten is involved in nature-related activities throughout the year.**
- **Materials: a team of responsible and dedicated teachers.**
- **Description of the activity: throughout the school year, the group of teachers plans and disseminates for execution a diverse range of nature-related activities, taking full advantage of the changing seasons and local ecosystems. The activities could be focused around on theme, for example: "The year of the bug", "The year of the medicinal herbs", "The year of potato" etc. The activities are decided upon in the beginning of the school year and are included in to the curriculum.**



Potato cycle observation

- **Name of the activity: Little Gardeners**
- **Children's age: 3-6.**
- **Objectives: to plant flowers, and plants in the kindergarten garden and take care of them; to make sure all the students are introduced to the plant growth cycle.**
- **Materials: shovels, earth. aprons,**
- **Description of the activity: preschoolers participate in gardening activities. They plant various flowers, and vegetables throughout the year and enjoy their fruits after constantly tending them.**





- **Activity name: Research Backpack.**
- **Age of children: 5-6 years old.**
- **Objectives: to encourage parents and children to spend quality free time together in nature; to encourage exploration of nature.**
- **Materials: backpack, folder with instructions, different size glass jars, tweezers, test tube, shovel, strainer, pipette and magnifying glass.**
- **Description of the activity: prepare the backpack with mentioned materials and tools. Distribute the backpack to each student to bring home. With the help of books, the internet or on their own parents and children need to conduct experiments. The process with description and photos are inserted into the folder. At the end of the school year this folder is a colorful composition of the activity that students and parent share with each other in the classroom.**



RE-USE AND  
RECYCLE  
ACTIVITIES





- **Activity name: Handmade Recycle Bins.**
- **Age of children: 5 years.**
- **Objectives: accumulation of knowledge about the need for separate collection of waste and the benefit of processing it into new products. Formation of environmental awareness in early childhood.**
- **Materials: boxes, coloured paper and tape, picture stickers, scissors, various types of waste.**
- **Description of the activity: from the cardboard boxes make recycle bins for each recyclable type of waste. Engage in a game and talk about the benefits of separate waste collection for our planet.**





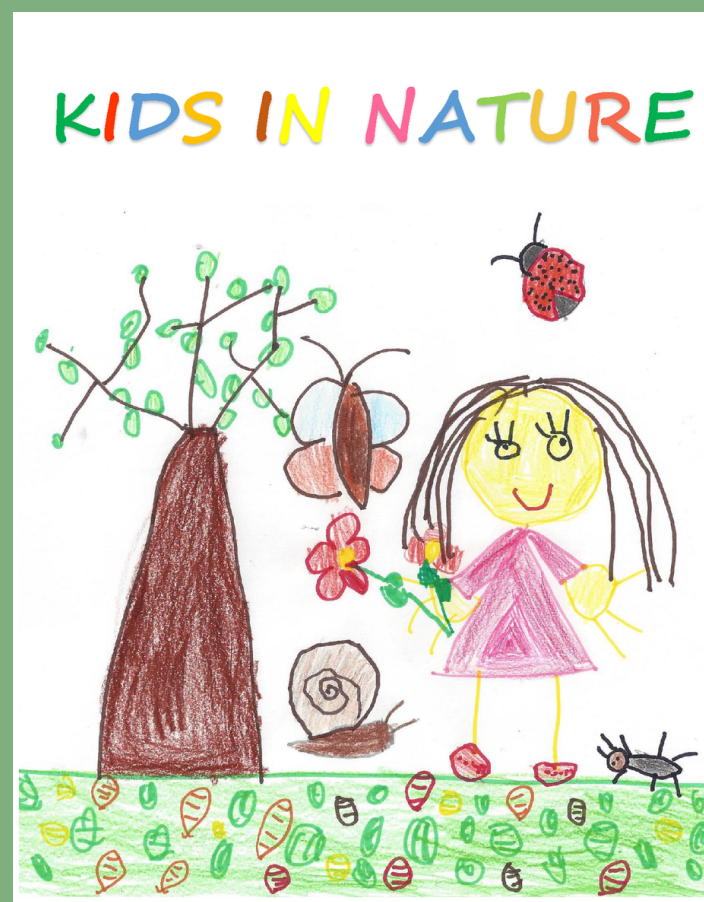
- **Activity name: Give a new life to old things - don't allow them to enter nature!**
- **Age of children: 6-7 years.**
- **Objectives: learn what actions we can take to make our world better; reduce clothing pollution; strengthen environmental awareness sense.**
- **Materials: old clothes, gymnastic hoop.**
- **Description of the activity: in cooperation with parents bring old, unneeded clothes to kindergarten. Cut the clothing into strings. With the help let children make carpets from old clothes by tying the strings on the hoops. w Bring the recycled carpets to the local animal shelter and donate them.**



- **Activity name: Recycle with Bee-Bot!**
- **Age of children: 4-5 years.**
- **Objectives: learn about the globe, continents and countries; learn how to sort rubbish properly; learn environmental awareness; strengthen problem-solving skills.**
- **Materials: paper, craft materials, globe, Bee-Bot.**
- **Description of the activity: prepare Bee-Bot mat by placing various pictures of objects “to be recycled” (bottle, can, paper, etc.). Program the Bee-Bot robot. Make a cut-outs of recycle bins for “paper”, “plastic”, “metal”, “glass”. Present the subject to the students, discuss which continent and country they live in, and about the importance of protecting the environment by learning how to sort rubbish. Let children use the interactive Bee-bot to find out which objects are made of plastic, glass or paper and what happens when they are not disposed properly.**







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