



Wanderlust Child Nature Study: Summer

Inspiring the next generation of explorers,
adventurers and scientists.



SUMMER

Summer Bucket List

- Make lavender soap
- Bake lemon drizzle cake
- Run through a meadow
- Star gaze
- Visit an allotment
- Go camping over night
- Forage for berries
- Have a picnic somewhere beautiful
- Take a hike somewhere new
- Visit the ocean at night under the light of the moon
- Take a cycle ride
- Burry your feet in warm sand
- Smell a flower
- Listen to the hum of a bee
- Collect summer flowers and press them
- Skim stones in the river
- Read a book outside
- Splash in water
- Spot a glow worm

RECIPES TO TRY

Strawberry tarts
Fruit salad
Onion and thyme sausage rolls
Spinach, feta and sun dried tomato sandwiches
Eton Mess
Carrot sticks and hummus
Vegetable kebabs
Waffles with jam, berries and chocolate sauce
Watermelon salad
Flatbread pizza

Nature Shelf

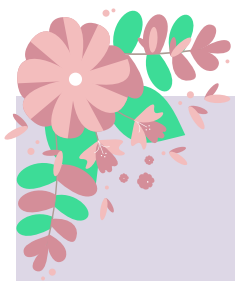


Book Ideas

National Trust: Sunflower Shoots and Muddy Boots;
A Child's Guide to Gardening Board book
A Garden of Ordinary Miracles: An Alphabet Book
The Bee Book by Charlotte Milner
The Storm by Benji Davies
The Coral Kingdom by Laura Knowles

Artist of the season

Take a close look at the flowers and see how many different shades of red you can find. Take inspiration from the watercolour paintings by Georgia O'Keefe.



SUMMER

FACT SHEET

June 21 marks the day when the Earth is turned the most toward the Sun. This is known as Summer Solstice. It is the longest, sunniest day of the year.

Summer days in the U.K are usually warm, trees have full green leaves and the amount of time it is light for during the day is longer. More thunderstorms occur during the summer than at any other time of the year as the summer often provides the perfect conditions of rising air and moisture required for the creation of thunderstorms.

The coldest temperature ever recorded in summer in the UK is -5.6°C recorded on 9 June 1955 in Dalwhinnie.

The warmest ever summer in the UK was in 2006 when daytime temperatures averaged 15.8°C . The hottest temperature ever recorded in the UK was on 25 July 2019 when Cambridge University Botanic Garden recorded a sweltering 38.7°C .





SUMMER

FACT SHEET

Summer in the U.K is a wonderful time to experience lots of beautiful colours but also see an abundance of wildlife. A visit to a local river may give you the opportunity to spot a Kingfisher skimming fast over the waters surface.

Butterflies and bees can be seen flitting between the flowering plants. Some of the most beautiful wildflowers are orchids and there are over 50 different types to spot here in the U.K. They can even be found in woodland areas so why not keep a look out for the Bird's Nest Orchid.

During the night you might spot moths, bats and even glow worms.

Visiting a nearby pond will allow you the opportunity to watch out for a patrolling dragon fly on the hunt. In the U.K we have 23 different types of dragonfly for you to spot. These really are beautiful creatures.



One of the best places to experience wildlife is by visiting a wildflower meadow. Here you will find a collection of grasses, yellow flowers like buttercups, grasshoppers and crickets.





SUMMER

CURIOSITY PICTURE

Use this picture as a starting point to find out what your children know already about the Summer? Here are some prompts to help with your sustained shared thinking together.

- Show the children this picture and ask them what it shows?
- What do they know already about this time of the year?
- Have the children ever visited a place like this?
- What might you see or hear if you visited the place in this picture?
- What sort of clothes do you need to wear in the summer?
- What plants do the children like?





WEEK 1: BEES

NATURE WALK



Take a walk and listen out for the buzz of a bee.

SELF CARE



Explore your local farmers market and enjoy supporting the local community.

RECIPES TO TRY



Make honey sandwiches and go for a picnic.

GARDEN JOBS



Stake up your sweet peas outside.

COLLECT



Collect flower petals and leaves and press them. In a couple of weeks print them into clay and un peel.

PROVISION



Hooks: Spend some time outdoors and look out for the bees. Spend some time observing and listening. What do the children notice and see? Record down the questions they ask.

Set up a bee provocation on your nature table with books, hexagon shaped card, small world bees, photos, honey and wildflower seeds. Display the children's inquiry questions and responses.

Add bee small world creatures to your playdough along with flower petals and see how the children play and respond to this.

Add a range of different sized hexagons to your loose parts to explore and construct with.

Research the flowers and plants that bees are attracted to (these tend to be yellow and orange) and plant your own bee friendly garden.

BOOK IDEAS



Bee: Nature's tiny miracle by Patricia Hegarty

The Bee Book by Charlotte Milner

Why Do We Need Bees? by Katie Daynes

Explore my world: honey bees by Jill Esbaum



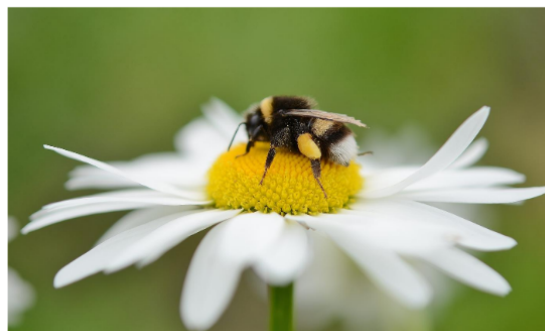


HONEY BEE FACT FILE

Honeybees are a type of insect - with six legs and no bones to make a skeleton. They are covered in hair to keep them warm and have 4 wings. They live in nests in the ground or in piles of old leaves. Each nest has a mother bee (the Queen), lots of daughter bees (workers) and a few sons (drones). In winter, all the bees die except the Queens who sleep (hibernate) through the cold weather. In the spring, the Queens wake up and go looking for a nest. Then they lay eggs to start a new family (a colony). A queen bee can live up to 5 years while a worker bee lives for around 5 to 6 weeks. Honeybees only tend to sting if they get frightened.

The colony of Honeybees make honey while living in a nest (in the wild) or in a hive if kept by a beekeeper. The worker Honeybees will forage for nectar from flowers and take it back to the hive. The bees have glands which secrete an enzyme, known as the 'bee enzyme'. When the bees collect the nectar, it is then mixed with the enzyme in the bee's mouth. Back at the bee hive or nest, the nectar is passed from one bee to another, further mixing the nectar with the 'bee enzyme', and turning the nectar into honey. This is then dropped into wax cells, called honeycomb. These are hexagonal shaped cells the bees make out of beeswax, and they act just like storage jars, but made of wax. Initially the honey stored in the cells is still a bit wet, so the bees fan their wings over it, which helps the water to evaporate.

In the UK, many species of bee are declining, with two bumblebee species already known to be extinct. We can help our bees by planting wildflowers, lavender and bluesbells in our garden which are all rich in nectar.



SUMMER NATURE SHELF

Ideas to add to your nature shelf

- Flowers in jam jars and bud vases
- Life cycle models
- Nature books
- Post cards
- Children's questions and observational drawings
- Foliage and felt garlands
- Small world trees, flowers and people
- Natural letter and number cards
- Summer natural treasures
- Photos of your local area at this time of the year



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WEEK 2: HERBS

NATURE WALK



Take a walk and look out for all the different roses you can find.

SELF CARE



Add rose petals to your bath.

RECIPES TO TRY



Make rose hip jam and enjoy it with some fresh bread.

GARDEN JOBS



Create a herb garden.

PROVISION



Hook: Make a bowl of mac and cheese and add fresh basil leaves on top. Ask the children if they know what these are? Have a range of different herbs for the children to smell and touch.

Design and plant your own herb garden. Can the children create some tags for the herbs so we remember their names?

Practice scissor skills by providing children with a range of different herbs to cut and explore in a sensory tray. You could include a pestle and mortar alongside this.

Try adding dried herbs to your natural playdough recipe; rosemary, lavender and apple thyme are all wonderful.

Add dried herbs to ice cube trays, freeze over night and add to water play for a sensory experience.

Add herbal tea packaging to your dramatic play and talk about how herbs can be used to create teas that have healing properties.

COLLECT



Roses and Peonies and display in a vase inside. Provide this as an artefact to respond to in paint, clay, collage...

BOOK IDEAS



Up in the Garden and Down in the Dirt by Kate Messner

Foraging with Kids: 52 Wild and Free Edibles to Enjoy with Your Children by Adele Nozedar

Edible and Medicinal Wild Plants of Britain and Ireland by Robin Harfo





HERB FACT FILE

Herbs are plants that are grown either as a food, or because they have some use in treating diseases , or for spiritual reasons. Throughout history people have used herbs in their cooking to make their food tasty and healthy. When you add herbs to food, you get all of the wonderful healing properties from the herbs along with the special delicious flavor of the plants.

The leaves, stems, or seeds of herbs can be used fresh, or they can be dried for later use. Dried herbs can be pounded to a fine powder, placed in airtight containers, and then stored. Some herbs are used in cooking to flavor foods. Others give scents to perfumes. Still others are used for medicines. Some herbs, such as balm and sage, are valued for their leaves. Saffron is picked for its buds and flowers. Fennel seeds are valuable in relishes and seasoning. Vanilla fruit pods yield vanilla flavoring. Ginseng is valued for its aromatic roots.





ROSE HIP JAM

Ingredients

- 1/2 cup of dried rose hips
- Apple juice, enough to cover the rose hips
- Honey to taste

Directions

1. Place the rose hips in a bowl.
2. Pour the juice over the rose hips and make sure that the apple juice covers the hips. Let soak for a couple of hours or overnight.
3. Give your jam a good stir and then give it a taste. If it is too sour for you then add a bit of honey. This can be enjoyed on biscuits, scones or bread.





WEEK 3: SUNSHINE AND SHADOWS

NATURE WALK



Take a walk and spot anything yellow.

SELF CARE



Make a summer feel good playlist of music.

RECIPES TO TRY



Make some dandelion honey.

GARDEN JOBS



Check plants daily and water them if it's hot outside.

PROVISION



Hook: Go outside on a sunny day and talk about what you can see. What are shadows? How are these made? Can we create our own shadows? Do shadows change? Record down the children's curiosities as a starting point. You might decide to draw around the shadows in chalk and see how these change throughout the day. You might explore shadows under a tree, shadows of objects with holes in (slotted spoons, cheese grater)

Explore shadows inside by adding torches and lamps to block play and see if shadows can be made of the models that are made. Investigate how we can use shadows to tell stories.

Create and set up your own shadow puppet show!

Take a look at reflection by placing coloured magnetiles, cellophane or coloured blocks in the window and watching their colours reflect. Can we mix colours together? What do we predict will happen?

Add some loose parts to your lightbox to explore sun loose art by exploring coloured tangrams, glass beads and even yellow flower petals and photos of the sun.

Make your own sun catcher by collecting flower petals and sticking these onto sticky back plastic, putting a wooden picture frame around it and hanging it outside or in the window.

COLLECT



Dandelion heads to make honey

BOOK IDEAS



Katie and the Sunflowers by James Mayhew

Sun! One in a Billion by Stacy McAnulty

Edible and Medicinal Wild Plants of Britain and Ireland by Robin Harford





SUNSHINE AND SHADOWS FACTFILE

The Sun is a massive star that is 865,000 miles wide. The Sun is an almost perfect sphere as there is only a 6 mile difference between its two diameters.

Around 74% of the Sun's mass is made up of hydrogen and helium makes up around 24% and the final parts of the sun are made up of oxygen, carbon, iron and neon. The Sun is about 93,205,678 miles away from the Earth and the light from the sun takes about 8 minutes to reach us on earth.

The Sun is 74 times hotter than the highest ever temperature on Earth. The heat from the sun keeps all living things alive and thriving. As the power of the sun is rather amazing many ancient cultures saw the sun as their God. The Ancient Egyptians called their sun god Ra. We also wonder if the stone circles of Stone Hedge were created to worship the sun.

Always remember to never look at the Sun directly, especially on a very bright day. It can damage your eye sight.





DANDELION HONEY

Ingredients

- 4 cups dandelion petals
- 4 cups water
- 3 lemon slices
- 1/2 vanilla bean
- 2 1/2 cups granulated sugar

Directions

1. Pick some dandelions in the sunshine before a field gets cut and then soak them in cold water for 5 minutes to allow any insects to exit.
2. Remove the petals and use only the petals to measure out 4 cups full.
3. Place all ingredients (except sugar) in a pan and bring to the boil. Then simmer for 30 minutes. Remove pan from the heat and leave to cool for 6 hours.
4. Run the mixture through a muslin cloth, put mixture back into pan on a low boil.
5. Slowly add the sugar and leave to simmer for 4 hours.

This can be stored in the fridge!





WEEK 4: THE WIND

NATURE WALK



Take a walk and feel for the wind..

SELF CARE



Go for a picnic with friends or family.

RECIPES TO TRY



Make pitta bread pizza's by adding a layer of tomato puree to the bread and then decorate with grated cheese, peppers, rocket, sweetcorn,. Put under the grill and cook till the cheese bubbles.

GARDEN JOBS



Start feeding and pinch out tomatoes.

PROVISION



Hook: Head outside and talk about what senses help us detect the wind. Can we see the wind? Record down the questions the children ask or areas they show curiosity about. Take a walk and look at what shows us evidence of the wind. Think about what we can hear outside. Do the effects of the wind stop when we go inside?

Explore how we can use the wind for power by showing children photos of windmills. Create your own streamers to use in the wind by tying ribbons onto bamboo rings. Run outside in the wind and explore what happens to your streamer. You could adapt and make a kite!

Blow bubbles and explore what happens to them and the direction they travel in. Have a go at blow painting by moving blobs of paint on your paper by blowing through a straw.

Lay on your backs and observe the clouds.

Make your own wind chimes to hang up outside by using a fallen branch and putting eye hooks into it. Then thread beads, sea glass, shells or metal keys on to your wind chime. Hang it up outside.

COLLECT



Nature fallen in the wind. Perhaps rose petals, leaves and branches and add to your nature shelf.

BOOK IDEAS



Feel the Wind by Arthur Dorros

Clouds by Anne Rockwell

Rosie's Hat by Julia Donaldson

Washing Line by Jez Alborough

Little kids first big book of weather by Karen de Seve





THE WIND FACT FILE

Our air is made up of billions and billions of tiny particles and the most common ones are nitrogen and oxygen. The wind blows when these air particles move around in the Earth's atmosphere. For thousands of years humans have used the power of the wind to help us. For example sailing ships have used wind to power their movement with the help of sails and today we make electricity from wind turbines.

Wind can be categorized by it's strength from breeze, gale, storm or hurricane. The speed of the wind depends on how much of a difference there is in pressure between a low pressure and a high pressure area of air. If there's a bigger difference in the pressure, the wind will blow faster. On Earth, the main differences in air pressure are caused by differences in temperature. Cool air produces high air pressure and warm air produces low air pressure. Warm air wants to rise. When warm air rises, cool air will move in and replace the warm air, causing wind.

The instruments we use to measure wind speed are called anemometers and these look at the speed of the wind (measured in a the units of a a knot) and direction of the wind.

There are 12 different levels of wind speed, measured on a scale called the Beaufort scale. The scale ranges from winds of less than one kilometre per hour (calm) to more than 118 kilometres per hour (hurricane).





LET'S GO FLY A KITE

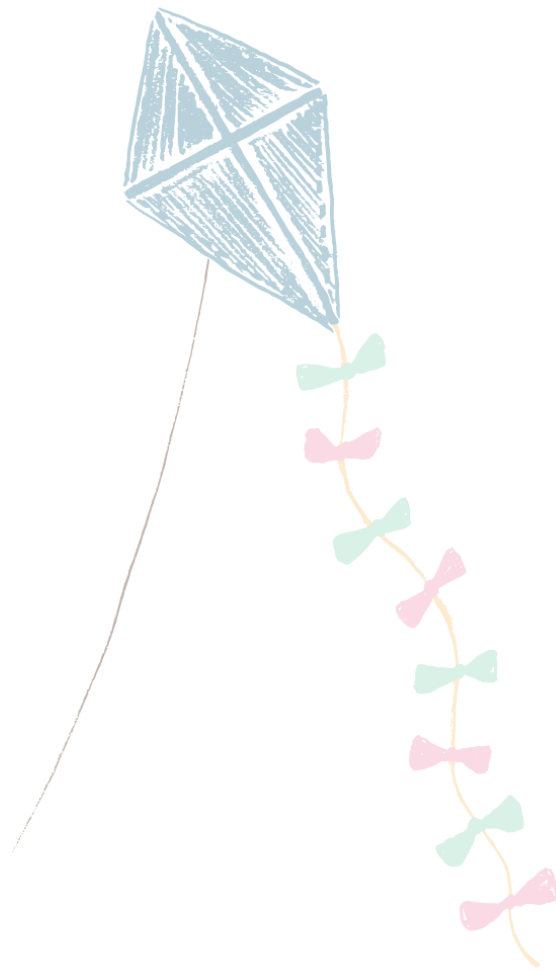
Take a watch of the clip from Mary Poppins Let's Go Fly A Kite and have a go at singing the song.

With tuppence for paper and strings
You can have your own set of wings
With your feet on the ground
You're a bird in a flight
With your fist holding tight
To the string of your kite

Oh, oh, oh
!Let's go fly a kite
Up to the highest height
!Let's go fly a kite and send it soaring
Up through the atmosphere
Up where the air is clear
Oh, let's go fly a kite!

When you send it flyin' up there
All at once you're lighter than air
You can dance on the breeze
Over 'ouses and trees
With your first 'olding tight
To the string of your kite

Oh, oh, oh!
Let's go fly a kite
Up to the highest height
!Let's go fly a kite and send it soaring
Up through the atmosphere
Up where the air is clear
Oh, let's go fly a kite!





HATS ARE BLOWING

Tune: "Frere Jacques"

Hats are blowing,
Hats are blowing,
In the air,
Everywhere!
Every time the wind blows,
Someone's hat,
Away it goes.
Hold on tight
And you'll be all right!

Jean Warren





WEEK 5: SUMMER FLOWERS

NATURE WALK



Take a walk and see how many wildflowers you can spot.

SELF CARE



Reconnect with someone. Call an old friend – or even a grandparent or parent.

RECIPES TO TRY



Decorate buns with edible flowers like Marigolds, Nasturtiums and Rose Petals.

GARDEN JOBS



Start to pick your sweetpeas and display in jam jars inside.

PROVISION



Hook: Go on a wildflower hunt and take a camera, sketchbook and paints with you to record what you see. How many different wildflowers do the children recognise?

Collect fallen flower petals and freeze with water inside egg shells and use in your water play.

Have a go at printing with flower heads or make some loose part art with petals.

Make your own flower petal perfume and talk about the way it smells.

Explore flower petals in the playdough along with flower shaped cutters. Decorate clay bowls with dried flower petals.

Set up a flower shop role play area and invite a florist in to show you some skills in flower arranging.

Make letters and words using flower petals and take photos of these to have around your setting.

COLLECT



Fallen petals

BOOK IDEAS



Feel the Wind by Arthur Dorros

Clouds by Anne Rockwell

Rosie's Hat by Julia Donaldson

Washing Line by Jez Alborough

Little kids first big book of weather by Karen de Seve



SWEDISH FLOWER CROWNS

Midsummer in Sweden is coming on the 21st June and this is a time when it feels as though the sun never sets. In fact in northern parts of Scandinavia it doesn't! In the 1500's this time of year was seen as a magical time where fertility levels were high. This was celebrated by the Swedes decorating the outside of their homes and farms with green foliage.

As we moved into the industrial period mill workers would come together at Midsummer for a wonderful feast of pickled herring. More recent traditions have seen the making of floral crowns from the wildflowers and maypole dancing in the local area. Today in Sweden many of these traditions remain. It's also very much a time of coming together with family and friends over delicious meals. Pickled herring is still a feature on the midsummer menu along with a grilled dish of salmon or spare ribs. The evenings will be spent gathered around a bonfire, enchanted by the flames while also sharing a few stories. How will you spend your summer? Taking inspiration from the Swedes how might you spend your midsummer? What feelings do you wish to experience? Who would you like to spend time with?

One thing I have always loved to do with my family and also with the children I work with is write a seasonal bucket list. This way we get to plan some wonderful adventures that we will all enjoy and make many memories in the process.





MARY, MARY

Mary, Mary, quite contrary
How does your garden grow?
With silver bells,
And cockle shells,
And pretty maids all in a row.

Mary, Mary, quite contrary
How does your garden grow?
With silver bells,
And cockle shells,
And pretty maids all in a row.





WEEK 6: STORMS

NATURE WALK



Take a walk and look for storm damage in the environment

SELF CARE



Practice mindfulness. Try meditation or make a list of 10 things you are thankful for.

RECIPES TO TRY



Make thundercakes

GARDEN JOBS



Deadhead your flowers to encourage more flowering.

PROVISION



Hook: Watch a video of a storm or share the story of Noah's Ark or The Storm by Akiko Miyakoshi and have a discussion about what children already know about storms. Record down any questions they have and use these as a starting point. Find out what wild animals do when there is a storm. Can you build a den inside? Work together as a group to make your own storm cloud and hang it up.

Go outside after a storm and take a look for storm damage. Looking for fallen branches, rubbish blown out of the bin or damage to the environment.

Set up a stormy beach small world scene.

Create a stormy weather playdough tray with white pom poms, blue glass beads and yellow wool for lightening.

Make rainmakers using re-cycled yogurt pots and fill with beads, couscous or beads. Create your own music and sing I hear thunder or i'm singing in the rain..

Collect some rain outside in a pot and see if you can paint with the rain.

Add rainy day clothes and props to your dramatic play centre.

COLLECT



The rain

BOOK IDEAS



The Storm Whale by Benji Davies

Thunder Cake by Patricia Polacco

The Storm by Akiko Miyakoshi





STORMS

Storms feel and look like the earth's magic show. It's the combination of water and all that electricity passing through clouds that produces lightning. The electric boom of lightning heats up the atmosphere, causing the noise called thunder. We need two conditions for thunder storms to happen: the air near the Earth's surface must be warm and moist (with lots of liquid), and the atmosphere must be unstable.

When a storm comes it's really important that we stay safe inside. Even the wild animals like to find a place to shelter. The chances of getting struck by lightning are low but it does happen. Make sure you stay out of and away from any bodies of water and if you're outside and can't get inside, don't stand under or near large objects, like tall trees. Lightning is more likely to hit something tall. Lightning, which happens with all thunderstorms, makes thousands of forest fires each year in places like the United States. We can also have flash floods when it rains so much in such a short amount of time that the water levels rise in streams, rivers, and dry land. This can then lead on to mud slides.

Get cosy if you can inside and watch through the window as the trees bend with the force of the wind, perhaps you can see the leaves as they swirl through the air and listen for the sounds of the thunder and rain lashing on the windows.

Once the storm has passed take a look for any rainbows!



THUNDER CAKE

Taken from Patricia Polacco's children's book of the same name, "Thunder Cake" Why not make this when a storm is brewing outside and enjoy getting cosy with some chocolate cake.

40 minutes to make

Ingredients

- 1 3/4 cup sugar
- teaspoon vanilla extract
- 3 eggs, separated
- 1 cup cold water
- 1/3 cup pureed tomatoes
- 2 1/2 cups self raising flour
- 1/2 cup dry cocoa
- 1 1/2 teaspoons baking soda
- teaspoon salt
- strawberries (for garnish)
- Buttercream

Method

1. Preheat oven to 350°F.
2. Set apart wet and dry ingredients before beginning.
3. Separate eggs into two bowls and set aside.
4. Cream together wet ingredients one at a time: Sugar, vanilla, water, tomatoes & eggs (blend yolks in. Beat whites until they are stiff, then fold in.)
5. Sift together these ingredients: flour, cocoa, baking soda, salt.
6. Mix the dry mixture into the creamy mixture.
7. Grease and flour two 8 1/2 inch pans and divide batter into the two pans equally.
8. Then bake at 350°F for 35-40 minutes.

Frost the top of the cake with home made buttercream and decorate with strawberries.



I HEAR THUNDER

I hear thunder, I hear thunder,
Hark don't you, hark don't you?
Pitter patter raindrops,
pitter patter raindrops,
I'm wet through, so are you.

I hear thunder, I hear thunder,
Hark don't you, hark don't you?
Pitter patter raindrops,
pitter patter raindrops,
I'm wet through, so are you.





WEEK 7: GRASSES

NATURE WALK



Take a walk through long wavy grass.

SELF CARE



Take a stroll and sit by the water.

RECIPES TO TRY



Set up a cereal station for children to self select their breakfast. As you eat talk about the source of the cereal and link it to the learning you're doing on grasses.

GARDEN JOBS



Cut lavender for drying and press summer flower petals to put in your journal.

PROVISION



Hook: Read the story of We're Going on a Bear Hunt and go on a hunt for some long wavy grass to walk through. How does it feel as we move through it? Record down children's observations and prior knowledge on how grass grows.

Grow your own grass from seed. This could be done as a grass head in a pot or perhaps a shallow tray that could be used for small world play.

Learn about the machines used to cut the grass and take a walk while listening out for the sound of lawnmowers.

Take a look at different types of grasses around the world and the animals that eat grass. You could even make a Savanna grassland small world area or a farmers field small world.

Explore how we can use different types of grasses to make food. Exploring grains we get from different parts of the grasses like rice, rye, barley, wheat and oats and try baking your own bread.

Go outside after it's rained and smell the grass.

Add garden magazines and empty cereal boxes to your dramatic play centre.

Snip the grass with scissors and practice your fine motor skills.

COLLECT



Different types of grasses and display in a vase on your nature table.

BOOK IDEAS



We're Going on a Bear Hunt: by Michael Rosen

Nature Anatomy by Julia Rothman

A Garden of Ordinary Miracles: An Alphabet Book
by Robert Zakanitch





GRASSES

Grasses belong to a family of plants that have leaves that are shaped like blades. There are many different varieties of grass found all around the world from the grass on our lawns to the Rhodes grass of the African Savannah's.

Grasses all grow at different rates and there is a huge variety in the heights these grow to. From the grass of your lawn to the wonderful heights of bamboo.

Animals around the world use grass as an important source of food. Ranging from cows, kangaroos, to caterpillars and mice. Farmers also feed their animals dried grasses (hay) and these are a good source of food (especially over the winter).

Humans can use the grains from grasses like wheat and barley to make cereals

We need grasses to help prevent erosion otherwise when it rains the soil will wash away.





WEEK 8: STREAMS

NATURE WALK



Take a walk to look for water. Can you hear it before you see it? (always carry out your own risk assessment for this)

SELF CARE



Take a break from technology for one hour a day this week.

RECIPES TO TRY



Make some fruity skewers and take these to eat on a stream side picnic. You could include strawberries, pineapple, melon, blueberries and apple. Have fun and make this into a rainbow or a repeating pattern.

GARDEN JOBS



Collect rain water for your plants

PROVISION



Hook: Take a walk to find a stream. Safely sit and observe what you see, hear and smell. What wildlife can be seen in and around the stream. Talk to the children about the calming effect sitting here makes us feel. Can you make a map of the route you took to get to the river.

Can you work outside using loose parts to create your own stream? Explore how you can make the water flow down your stream and even have a go at making your own boats to sail down or a dam to stop the water.

Provide children with a collection of loose parts (sticks, blue glass beads, felt, cellophane, small world people, mountain pieces) to create their own stream and small world area. Take this further and create a provocation of small world people trying to cross the river. How can the children solve the problem? How do we get across rivers? Could they design and construct a bridge?

Find some river rocks and make marks on them with water and paintbrushes.

Take a look at the globe and learn about the longest rivers in the world; Amazon and Nile. See what questions children ask. Maybe where does the water come from? Where does it go? Why is there a bend in the river?

Take water colours and a sketchbook with you to paint a stream.

COLLECT



The sounds of water and wildlife by using the voice recorder on a phone or tablet.

BOOK IDEAS



A River by Marc Martin

The Rhythm of the Rain by Grahame Baker-Smith

Under the Same Sky by Britta Teckentrup





STREAMS

Mountains and hills slow the rain clouds down and squeeze the water from them. When rain falls gravity causes it to run down the hills. As it runs down the hills and onto the surrounding area, it gathers in an area called a watershed, which is a valley with lots of little streams. The little streams run together to make rivers. Small rivers join to make larger rivers. Finally, a river runs all the way to the ocean or into larger lakes. Clouds over the ocean and lakes collect water. The water moves onto land and is dumped as rain. The process starts all over again.





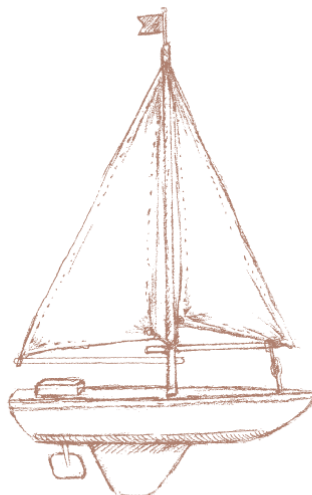
ROW, ROW YOUR BOAT

Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
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Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream.





WEEK 9: CLOUDS

NATURE WALK



Go for a daily walk and notice the weather and record the clouds you can see.

SELF CARE



Do something out of your comfort zone.

RECIPES TO TRY



Make cloud eggs for breakfast on toast.

GARDEN JOBS



Collect rain water for your plants

COLLECT



Your own photos of the different types of clouds you spot during the week.

PROVISION



Hook: Go for a walk outside and find a space where you can sit or lay and look up at the sky. What do the children notice? Record down their questions and observations about the clouds and use this as your starting point. Some examples of questions to explore are; how do clouds move? Where do clouds come from? Why are some clouds grey? Make a cloud viewer.

Set up a provocation around the weather on your nature shelf. Include some weather books, photos of the clouds (perhaps clouds covering the tops of buildings or unusual formations), types of clouds, weather peg people and a weather chart.

Have a go at making marks in shaving foam.

Create a loose parts station for children to re-create their own cloud observations. You might use cotton wool balls, blue and white glass gems, blue and grey felt for the sky, pom poms and white veil.

Have a go at making a cloud in the jar and record children's predictions and observations about what happens.

Together make your own cloud dough and talk about the texture and smell.

Explore how clouds hold lots of water. Use a pipette and blue coloured water to place drops of water on a baking sheet. How many drops can they make? Then soak these up with a cotton wool ball.

Add mirrored trays outside that reflect the sky.

BOOK IDEAS



Little cloud by Eric Carle

The Rhythm of the Rain by Grahame Baker-Smith

Worm Weather by Tomie dePaola

Nature Anatomy by Julia Rothman





CLOUDS

Clouds are a massive collection of tiny ice crystals or water droplets that are so small they float up into the sky. They create lots of curiosity for young children due to their size, colour, shape and movement.

At ground level the air holds water and is known as water vapor. As the warm air rises it gets colder the higher it floats above the ground. . Cold air isn't able to hold as much water as hot air, so as the warm air cools, some of this water vapor condenses around very small pieces of dust or other pollutants. This water forms a tiny droplet around each particle. If the air is cold enough, the water freezes into little ice crystals. Billions of these droplets or crystals gather together to form a cloud.

Cirrus Clouds

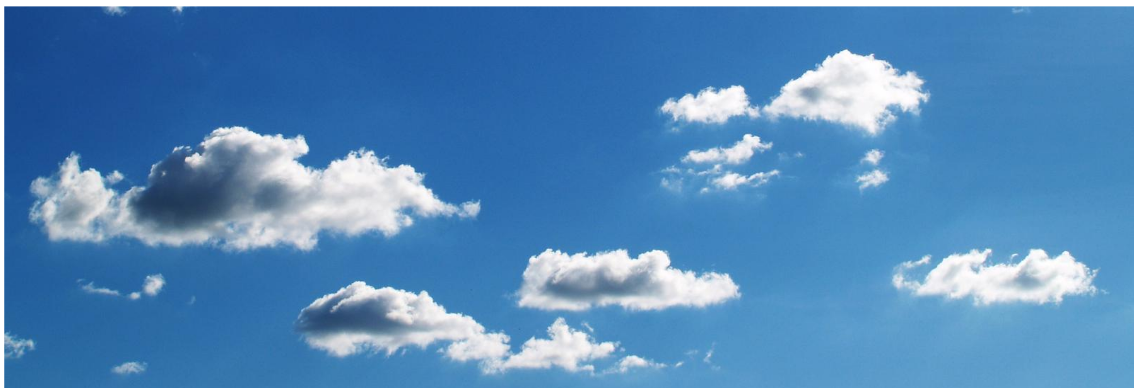
Cirrus clouds are the highest clouds, forming above 18,000 feet in the atmosphere. There are three types of cirrus clouds: cirrus, cirrostratus and cirrocumulus.

2. Alto Clouds

The "in-between" clouds, alto clouds hover anywhere between 6,500 and 18,000 feet in the air. There are only two types of alto clouds to remember – altostratus and altocumulus.

3. Stratus Clouds

These are the lowest-hanging types of clouds and form anywhere up to 6,500 feet. Three types of clouds are categorized as stratus clouds – stratus, stratocumulus and nimbostratus.





MAKE CLOUD DOUGH

This is a wonderful sensory experience and children can work with the adult to make and then play with it.

Ingredients

4 Cups of Plain Flour
1/2 Cup Baby Oil

Method

1. Measure and pour the flour into the large bowl.
2. Add 1/2 cup of baby oil.
3. Mix with a wooden spoon until the ingredients combine.
4. Keep in an air tight container.

You can play around with adding crushed chalk to colour the dough.





MAKE CLOUD EGGS

Ingredients:

- 4 eggs
- 4 slices of bread(toasted)
- tablespoon olive oil
- Salt and pepper to taste

Method

1. Separate the egg whites from egg yolks, leaving the egg yolks in their shells or in small bowls (one bowl per yolk is the best option) then add seasoning.
 2. Whip the whites until they are stiff.
 3. Spoon egg whites onto a baking tray lined with baking parchment paper to form two clouds.
 4. With the back of your spoon, create a dent in the center of each cloud and carefully place the egg yolk in.
 5. Bake at 356F/180C for 8 minutes or until the edges have turned golden brown.
- Serve with toast





WEEK 10: FOSSILS

NATURE WALK



Take a walk to somewhere with impressive rock formations and enjoy taking photos of these and exploring together how these were formed. Are there any clues of our past here?

SELF CARE



Go out for ice cream.

RECIPES TO TRY



Make rocky road and enjoy it on a picnic.

GARDEN JOBS



Keep your plants, fruit and vegetables well watered and give them a weekly feed.

PROVISION



Hook: Go on a nature walk and have a look for rocks. Bring your rocks back to the setting or home with you and talk about why you collected the different ones. What children like about them with opportunities to use descriptive language (rough, bumpy, cold, hard) and even give their rock a name.

Set up a rock lending library in your setting or local community.

Create a provocation around rocks and fossils on your nature table. You might include a selection of rocks, fossils and minerals along with magnifying glasses, information books, photos of rocky places and the canyon lands and a sketch book to record findings.

Create a dinosaur small world area and include a variety of books, rocks and fossils. This might create opportunities to talk about extinct animals and sea creatures and how we know about them.

Have a go at making your own fossils by making imprints in clay or salt dough. You can look at pressing dried flowers and leaves or small world plastic toys.

Set up a small tray with sand, rocks, fossils and shells. Provide a microscope and magnifying glass to allow children to learn the different rock and fossil types.

Set up a Palaeontologist role play area with a tent, explorers backpack, sunhat, compass, map, digging tools, googles, water bottle, measuring tape, log books, brushes, flash light, camera and collectors pots.

COLLECT



Make your own rock library in the community by collecting your favourite rocks.

BOOK IDEAS



Naturetrails: Rocks and Fossils by Struan Reid

Rocks and Minerals by National Geographic Kids

A Rock Is Lively: by Dianna Hutts Aston

Swirl by Swirl by Joyce Sidman





FOSSILS

Fossils are the remains or traces of plants and animals that lived a long time ago. Fossils help scientists understand our past by giving us clues about what animals and wildlife we had on Earth thousands of years ago. A paleontologist is a scientist who studies fossilized remains found in rocks.

Many of the fossils found on parts of Earth that once lay underwater. They usually formed from the hard parts (shells or bones) of living things. After a living thing died, it sank to the bottom of the sea. Layers of earth and the remains of other living things built up on top of it. Over time, these layers turned into rock. Eventually, part or all of the living thing's hard parts also turned into rock. The fossil is the shape of these hard parts in the rock.

Some types of fossils are imprints on soft material that later hardened into rock. While other fossils develop when plants, leaves and small insects get trapped between layers of rock.





MAKE ROCKY ROAD

Rocky road is a popular treat in Australia where it is believed to have been made as a way of using up spoiled sweets that had made their way from Europe. These were coated in chocolate and fruit.

Ingredients

- 135g of butter
- 200g of dark chocolate

Add for own preference;

- Dried cranberries
- Dates
- Popcorn
- Raisins
- Broken up digestive biscuits
- Honey comb
- Mini marshmallows
- Cherries

Method

1. Grease or line a 18cm square baking tray.
2. Melt the chocolate and butter in a saucepan over a low heat until there are no lumps in it.
3. Stir in your other ingredients and pour into your tray.
4. Chill for 2 hours in the fridge and then cut into slices.





ROCK SONG

To the tune of "Frere Jacques"

Rocks in my pockets,

Rocks in my pockets,

Big and small,

Big and small.

Shiny little pebbles,

Shiny little pebbles,

Found them all,

Found them all.





WEEK 11: MEADOWS

NATURE WALK

Visit a meadow.

SELF CARE

Go out for ice cream.

RECIPES TO TRY

Make home made tomato soup with some home grown tomatoes.

GARDEN JOBS

Deadhead petunias and potted dahlias.

PROVISION

Hook: Visit a meadow and take your sketch book and watercolours to record observations and questions. Look out for the wildflowers growing here, the different grasses and the wildlife living here. Talk about the way being in a meadow makes you feel calm and relaxed. What do the children like about it? How does it compare to the many gardens that we have with cut lawns or paved areas? Spend time smelling the flowers you can see growing.

Create a small world area in a tray by growing your own meadow from seed. Add in some small world insects and a campsite.

Create your own wildflower/ meadow alphabet book by press wildflowers in a book and writing their names on each page.

Set up a clay station and invite your children to make their own wildflowers using the clay. Talk about the types of wildflowers and parts of the plant as they work.

Add flowered notepaper to your writing area.

Set up a garden centre role play area with plant posts, seed packets, tools, aprons, sweeping brush, price tags, magazines about nature, lawnmower magazines.

If possible find part of your outdoor space that can be turned into a wildflower meadow.

COLLECT

Go on an adventure and collect objects along the way that capture the journey you've been on.

BOOK IDEAS

How to Be a Wildflower: A Field Guide by Katie Daisy

What's that Flower?: The Simplest ID Guide Ever by DK





MEADOWS

Wildflower meadows offer a diverse habitat for an abundance of wildlife. During the twentieth century there was a sharp decrease in the variety of wildflowers in the UK countryside. This was due to changes in agricultural policy and practice, particularly increased field drainage and herbicide use, and the growth of urban sprawl.

What wildlife can we find in a meadow?

Small mammals such as long-tailed field mice, bank and field voles and shrews. You may also spot larger mammals like rabbits and deer. In early spring you may see frogs and toads as well as grass snakes and lizards. Try visiting a meadow at dusk and look out for bats.

How can we encourage more meadows and wildflowers?

We can have part of our outdoor space or garden as a meadow by planting wildflower meadow seeds.





TOMATO SOUP

Ingredients

- 2 tbsp Olive oil
- 1 Large Onion peeled and finely chopped
- 2 Carrots peeled and chopped
- 2 Garlic cloves finely chopped
- 800g Vine tomatoes chopped
- 400g Canned Whole Tomatoes
- 750ml Stock Vegetable or Chicken
- 10 - 15 Fresh Basil leaves or to taste



Method

1. Heat oil in a large pan, over a medium heat.
2. Add the onion and carrot, reduce the heat to low and cook until softened but not coloured (around 10 mins)
3. Add the garlic and cook for a further minute.
4. Add the tomatoes, stock and stir. Bring to the boil, reduce the heat, and simmer for 25 mins.
5. Remove the pan from the heat and add the basil leaves.
Using a stick blender (immersion blender) or blender, blitz the soup until smooth.



RING A ROSES

Ring a-ring o' roses,
A pocketful of posies.
A-tishoo! A-tishoo!
We all fall down!

Fishes in the water,
Fishes in the sea
We all jump up with a
One, two, three!





WEEK 12: THE BEACH

NATURE WALK

Take a walk on the beach or through a sand tray and enjoy the feeling of placing your toes on the warm sand.

Garden Jobs

Collect seeds from your sweet peas and poppies. Take cuttings of your hardy herbs too.

Collect

Litter and rubbish you find on the beach to help the beach stay clean.

Book Ideas

Only One You -by Linda Kranz
The Proudest Blue by Ibtihaj Muhammad
Lucy and Tom at the Seaside
What the Ladybird Heard at the Seaside by Julia Donaldson

RECIPES TO TRY

Have a Danish waffle picnic on the beach with fruit, chocolate spread and ice cream.



Provision and Provocations

Hook: If possible visit a beach and talk about what you can see, the nature there and what the children like about it.

Set up a discovery table of different shell types on mirrors and have a go at doing some pattern making.

Go on a beach maths scavenger hunt outside and explore how maths lives at the beach.

Add shells, pebbles, blue glass beads to your play dough area. You might try adding into some sand to a natural playdough recipe to create texture.

Add sand to your paint and explore creating your own beach paintings with texture.

Project images of the beach and the sounds of the sea on a blank wall behind a block area or role play station.

Set up an open ended maths provocation with a ten frame, shells, dice, small world beach characters.



BEACH HUNT

Where can we discover maths at the beach? See if you can go on a hunt to find the following;

A piece of drift wood as long as your leg

A small shell

A medium shell

A big shell

5 different lengths of seaweed to put in order of size

Something that is grey

10 pebbles you can hold in your hand all at once

A shell that is smaller than your thumbnail

A twig that is thinner than your index finger





TONGUE TWISTER

She Sells Seashells by the Seashore

She sells seashells by the seashore,
The shells she sells are seashells, I'm sure.
So if she sells seashells on the seashore,
Then I'm sure she sells seashore shells.

RELAXATION

Lie down and close your eyes. As you do this i want you to imagine that you're laying on the warm sand at the seaside. Yo love the feel of the warm sand between you toes, you can hear the call of the seagulls and you're thinking of building many sandcastles. You love to explore in the rock pools and paddle in the water. Today though you just feel like being by yourself and you stand at the water's edge and look out to sea you watch the waves as they gently lap on the shore and you begin to notice that the waves gently lap in time with your breathing your breathing is like the sea rolling in ... and ... outgently rolling in and out gently rolling..... in and outinand out in and out and you stand and watch the sea gently rolling in and out for a long time just letting the warm water trickle over your toes it's very relaxing just standing there on the beach with the sun warming your back and the gentle breeze blowing through your hair and you fell happy and relaxed.

