



**THIS PACK CONTAINS ONE
OUTDOOR LESSON PER WEEK
FOR THE ENTIRE SCHOOL
YEAR (AGES 8 TO 9).**

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 3 Week 4
Creativity

NATURE WEAVING

COLLECT THE STICKS

Find 4 strong sticks and tie them together with string to make a square or rectangle frame.

STRING

Tie strings tightly across the frame from one side to the other, leaving a little space between each string.

COLLECT THE NATURE

Collect natural items like leaves, flowers, or grasses to use for your weaving.

WEAVE

Start weaving by tucking your items over and under the strings, just like making a pattern.

FILL THE FRAME

Keep weaving until your frame is filled with the natural items, then show off your creation!

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 1 Week 6
Communication

GAME DESIGNER

CURRICULUM LINKS: English: instruction writing, language skills

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Groups

ACTIVITY DESCRIPTION:

In this outdoor lesson your class will work in groups to design their own outdoor game. After developing their game, they will pair up with another group to teach them how to play. This activity encourages creativity, teamwork, and communication, while also promoting physical activity and outdoor play.

EQUIPMENT PROVIDED BY US:

EQUIPMENT PROVIDED BY YOU:

Natural finds
Various items

BENEFITS OF THE ACTIVITY:

- Encourages Imagination: Students use creative thinking to invent new games.
- Promotes Collaboration: Group work fosters teamwork and communication.
- Supports Physical Activity: Engages students in active play, promoting fitness and well-being.

SAFETY PRECAUTIONS:

- Encourage students to choose safe and inclusive activities that all group members can participate in.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 1 Week 7
Communication

CHALK SHAPES

CURRICULUM LINKS: English: instruction writing, language skills Math: shape

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Groups

ACTIVITY DESCRIPTION:

In this session students get into pairs and practice giving and following verbal instructions to draw simple shapes using chalk. One student will describe a shape from a card, while their partner attempts to draw it based only on the instructions given. This activity enhances communication, listening skills, and understanding of geometric shapes.

EQUIPMENT PROVIDED BY US:

Shape cards

EQUIPMENT PROVIDED BY YOU:

Chalk

BENEFITS OF THE ACTIVITY:

- Enhances Communication: Students practise giving clear and precise verbal instructions.
- Develops Listening Skills: Students improve their ability to listen carefully and follow directions.
- Strengthens Understanding of Shapes: Reinforces knowledge of 2D shapes and spatial concepts.

SAFETY PRECAUTIONS:

- Make sure students are using child-friendly, non-toxic chalk.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 1 Week 9
Communication

BLIND PATTERNS

CURRICULUM LINKS: English: instructions, language skills

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Groups

ACTIVITY DESCRIPTION:

This outdoor lesson is designed to develop communication, teamwork, and problem-solving skills. By guiding a blindfolded partner to replicate patterns using verbal instructions only, students enhance their descriptive language and listening abilities while engaging in a fun and challenging outdoor activity.

EQUIPMENT PROVIDED BY US:

Activity cards

EQUIPMENT PROVIDED BY YOU:

Sticks
Leaves
Blindfolds

BENEFITS OF THE ACTIVITY:

- Improves Verbal Communication: Students practice giving clear and precise instructions.
- Enhances Listening Skills: Blindfolded students must focus on and follow their partner's directions.
- Promotes Problem-Solving: Students are challenged to think critically about how to convey and interpret instructions.

SAFETY PRECAUTIONS:

- Remind students that they should walk, not run, when carrying sticks to avoid accidents or injuries.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 1 Week 1
Creativity

DREAM CATCHERS

CURRICULUM LINKS: Art: different materials

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Individual

ACTIVITY DESCRIPTION:

In this outdoor lesson to start off the term students will explore nature and express their creativity by making dream catchers using twigs and yarn. This activity encourages creativity and problem-solving as they think about their hopes and dreams for the term ahead. Students will gather materials, learn basic weaving techniques, and create their unique dream catchers.

EQUIPMENT PROVIDED BY US:

Dream catcher story
Dream catcher instructions

EQUIPMENT PROVIDED BY YOU:

Sticks
String / yarn
Natural finds

BENEFITS OF THE ACTIVITY:

- Creativity: Encourages students to express their unique ideas and artistic skills.
- Fine Motor Skills: Develops dexterity and hand-eye coordination through weaving and handling small materials.

SAFETY PRECAUTIONS:

- Ensure students carry sticks carefully to avoid injury and maintain safe distances when weaving or using tools.

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EDUCATE OUTSIDE

Shape Cards
Ages 7 - 8: Term 1 Week 7
Communication

CHALK SHAPES

CHALK SHAPES

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Activity Cards
Ages 7 - 8: Term 1 Week 9
Communication

BLIND PATTERNS

BLIND PATTERNS

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BLIND PATTERNS

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 7
Communication

CHALK SHAPES

BEFORE THE LESSON

- Print the shape cards and prepare the chalk.

STARTER:

- Divide the students into groups of four or five. Stand in an open space where they have room to move.
- Shout out the name of a simple shape (e.g., square, triangle, circle). Each group must quickly work together to form the shape using their bodies.
- Encourage them to be creative and communicate clearly to figure out how to arrange themselves. After a few rounds, discuss which strategies worked best for creating the shapes.

MAIN ACTIVITY

- Explain that for the rest of the session they will be doing another shape-based activity.
- Divide the students into pairs and give each pair a set of shape cards. Each pair should decide who will be the "instructor" and who will be the "artist" for the first round.
- The instructor selects a shape card without showing it to the artist. The instructor then gives verbal instructions to help their partner draw the shape on the ground with chalk. The artist listens carefully and tries to draw the shape as accurately as possible following the instructions.
- After the shape is drawn, the pair can compare it to the card to see how close it is to the intended shape. The students then switch roles and repeat the activity with a new shape card.
- Once all pairs have had a chance to draw several shapes, gather the students together. Discuss what was challenging about giving or following instructions, and what strategies worked best.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 1
Creativity

DREAM CATCHERS

BEFORE THE LESSON

- Print the dream catcher instructions and prepare the string.

STARTER:

- Introduce the students to the concept of dream catchers, explaining their origins in Native American culture and their purpose. Explain that dream catchers originated from Native American cultures, specifically the Ojibwe people, and were traditionally used to protect sleepers from bad dreams and evil spirits. The web-like design is believed to catch bad dreams, allowing only good dreams to pass through and reach the sleeper.
- Give students the opportunity to share any bad dreams they have had.
- Share the story 'The Legend of the Dream Catcher' and explain that they will be making their own dream catchers this session.

MAIN ACTIVITY

- Explain to the students that they are going to be making their own dream catchers today, inspired by the one in the story.
- Hand out the instruction sheets and demonstrate the key aspects of making the dream catchers.
- Give the students time to collect the materials and create their dream catchers.
- Have the students come together in a circle with their dream catchers.
- Encourage each student to share their dream catcher and any challenges they faced.

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EDUCATE OUTSIDE

Dream Catcher Story
Ages 7 - 8: Term 1 Week 1
Creativity

DREAM CATCHERS

THE LEGEND OF THE DREAM CATCHER

Once upon a time, in a small village nestled by a shimmering lake, lived a young girl named Aiyna. Aiyna was known for her vivid dreams, both good and bad. She often shared tales of her dreams with her friends, but the nightmares scared her and made it hard for her to sleep.

One bright morning, Aiyna's grandmother, a wise elder named Nokomis, called her over. "Aiyna," Nokomis said with a gentle smile, "I have something special to share with you." She handed Aiyna a delicate circle made of twigs, adorned with a web of yarn and decorated with feathers and beads. "This is a dream catcher," she explained. "It has the power to catch your bad dreams and let the good ones flow down to you."

Intrigued, Aiyna asked, "How does it work, Grandma?"

Nokomis began to tell a story. "Long ago, the Great Spirit gifted our ancestors with the knowledge to make dream catchers. The web in the center traps bad dreams, holding them until the morning sun dissolves them. The feathers allow the good dreams to slide gently down to the sleeper below. It's a way to protect our sleep and keep our minds at peace." That night, with her new dream catcher hanging above her bed, Aiyna fell asleep feeling safe and hopeful. As she slept, she had the most wonderful dream. She was soaring above the village on the back of a giant eagle, seeing the world from high above, feeling free and joyful.

When she woke up, Aiyna realized that her grandmother's gift had worked.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 3
Creativity

NATURE JOURNAL

BEFORE THE LESSON

- Ask students to bring in their nature journals from last year if they still have them. Prepare the pencils, coloring pencils, and clipboards. Have paper or card available for students to start new journals if needed.

STARTER:

- Welcome the students back to the wonderful world of nature journaling. Explain that today they will either continue their nature journals from last year or start fresh if they don't have their old ones.
- Ask those who have their nature journals from last year to share a favorite entry with the group.
- Encourage them to describe what they observed, drew, or wrote about and why it was memorable.
- For students who do not have their journals, encourage them to listen and think about what they might want to include in their new journals. Use this sharing time to inspire ideas and excitement for the journaling activity.

MAIN ACTIVITY

- Have students take out their existing nature journals or distribute new ones (paper / card folded in half).

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EDUCATE OUTSIDE

Teacher's Guide
Ages 8 - 9: Term 1 Week 4
Creativity

NATURE MOBILES

CURRICULUM LINKS: Art: design & craft

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Individual

ACTIVITY DESCRIPTION:

In this week's session your class will create a nature hanging mobile using sticks and natural finds such as leaves, pinecones, and feathers. The activity encourages creativity and appreciation for nature as students explore and collect materials before crafting their mobiles using their knot knowledge.

EQUIPMENT PROVIDED BY US:

Instruction sheet
Knot instructions (available on our site)

EQUIPMENT PROVIDED BY YOU:

Natural finds
String
Scissors
Short lengths of rope (optional)

BENEFITS OF THE ACTIVITY:

- Creativity: Encourages creative expression through art.
- Motor Skills: Develops fine motor skills by handling and knotting.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 1
Creativity

NATURE WEAVING

CURRICULUM LINKS: Art: exploration

PREP: 10 minutes LENGTH: 50 minutes NUMBERS: Groups

ACTIVITY DESCRIPTION:

In this outdoor lesson students will explore nature and express their creativity by making dream catchers using twigs and yarn. This activity encourages creativity and problem-solving as they think about their hopes and dreams for the term ahead. Students will gather materials, learn basic weaving techniques, and create their unique dream catchers.

EQUIPMENT PROVIDED BY US:

Dream catcher story
Dream catcher instructions

EQUIPMENT PROVIDED BY YOU:

Sticks
String / yarn
Natural finds
Scissors

BENEFITS OF THE ACTIVITY:

- Creativity: Encourages creativity by allowing students to choose and arrange natural materials in their own way.
- Fine Motor Skills: Enhances fine motor skills through the careful weaving process.
- Develops problem-solving skills as students figure out how to construct their frames and choose appropriate materials for weaving.

SAFETY PRECAUTIONS:

- Ensure students understand not to pick live plants unless permitted, focusing on using materials found on the ground.
- Set clear boundaries for the area where students can explore and collect materials.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 1
Creativity

DREAM CATCHERS

DECORATE

Use string, feathers, leaves, or other natural items to decorate your bow and arrows.

TEST

Carefully pull back the string with an arrow in place and gently release to test if it works. Follow safety rules, making sure to aim away from people and fragile objects.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 3
Creativity

NATURE JOURNAL

across the frame, spacing them evenly to create the warp (vertical strings for weaving).

- Once the frames are ready, students can begin weaving their collected natural materials in and out of the strings. Encourage them to experiment with patterns and layering different textures and colors.
- Allow students time to explore different weaving techniques, such as alternating materials or creating a focal point with a special item.
- After the weaving is complete, have students display their creations. They can hold them up to the light to see the interplay of textures and colors.

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EDUCATE OUTSIDE

Teacher's Guide
Ages 7 - 8: Term 1 Week 1
Creativity

DREAM CATCHERS

THE WEB

Use string to create the web of the dream catcher. Start from the top of the string or yarn and stretch and wrap it around the bottom stick of the triangle, forming a web angle.

DECORATE

Collect natural items like feathers, leaves, or beads, and tie them to the bottom stick of the triangle with string or yarn.

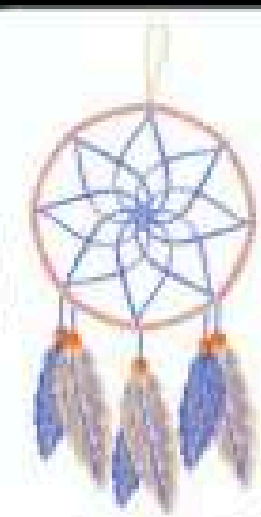
FINAL TOUCH

Tie some string to the top of your dream catcher and hang it on display.

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THAT'S 38 WEEKS OF
OUTDOOR LEARNING
SESSIONS!

DREAM CATCHERS



Teacher's Guide
Ages 8 – 9: Term 1 Week 1
Creativity

CURRICULUM LINKS: Art: different materials

PREP: 10 minutes **LENGTH:** 50 minutes **NUMBERS:** Individual

ACTIVITY DESCRIPTION:

In this outdoor lesson to start off the term students will explore nature and express their creativity by making dream catchers using twigs and yarn. This activity encourages creativity and problem-solving as they think about their hopes and dreams for the term ahead. Students will gather materials, learn basic weaving techniques, and create their unique dream catchers.

EQUIPMENT PROVIDED BY US:



Dream catcher
story



Dream catcher
instructions

BENEFITS OF THE ACTIVITY:

- Creativity: Encourages students to express their unique ideas and artistic skills.
- Fine Motor Skills: Develops dexterity and hand-eye coordination through weaving and handling small materials.

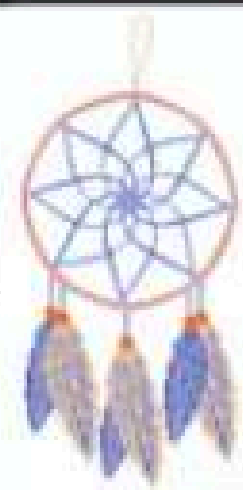
EQUIPMENT PROVIDED BY YOU:



Sticks

**EACH SESSION COMES WITH
A TEACHER'S GUIDE AND THE
ACTIVITY SHEETS YOU'LL
NEED.**

DREAM CATCHERS



Instructions

Ages 7 - 8: Term 1 Week 1

Creativity

DIY DREAM CATCHER

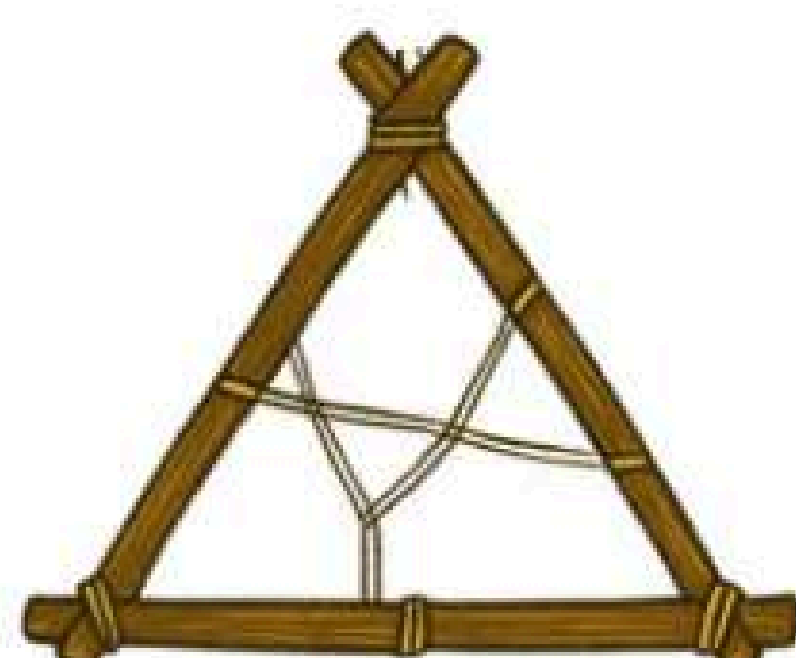
MAKE THE FRAME

Tie three sticks together at the ends to form a triangle. Wrap the string around the stick multiple times to make it secure. Use a clove hitch to start and end the knot.



CREATE THE WEB

Attach one end of the string or yarn to a corner, then stretch and wrap it around each corner, forming a web inside the triangle.



SECURE THE WEB

Tie off the string once the web pattern is complete.



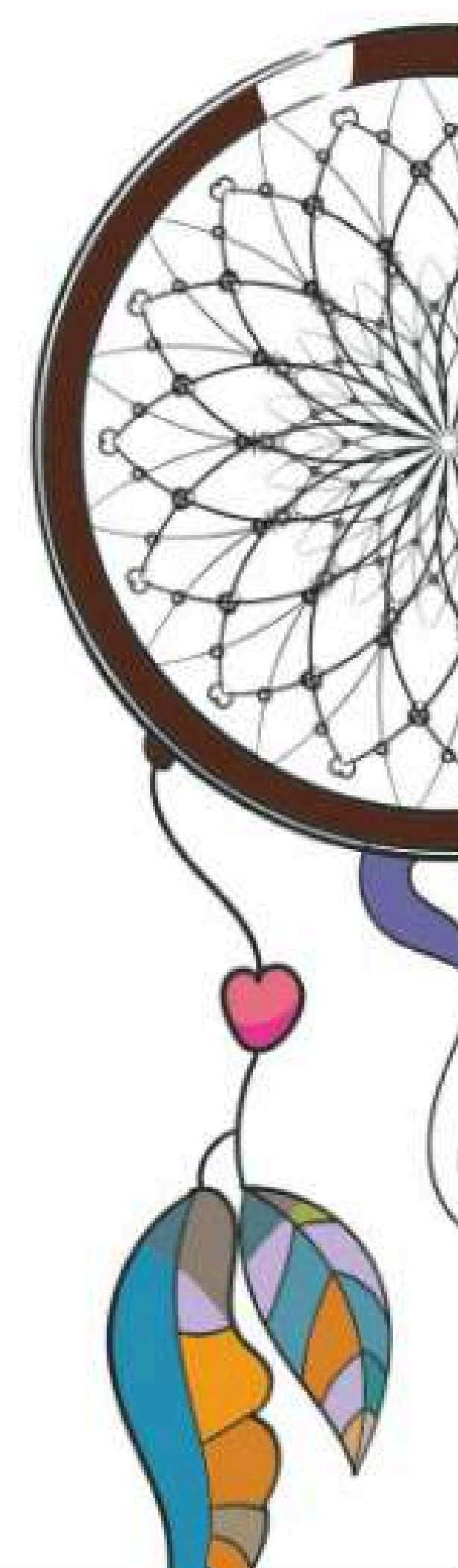
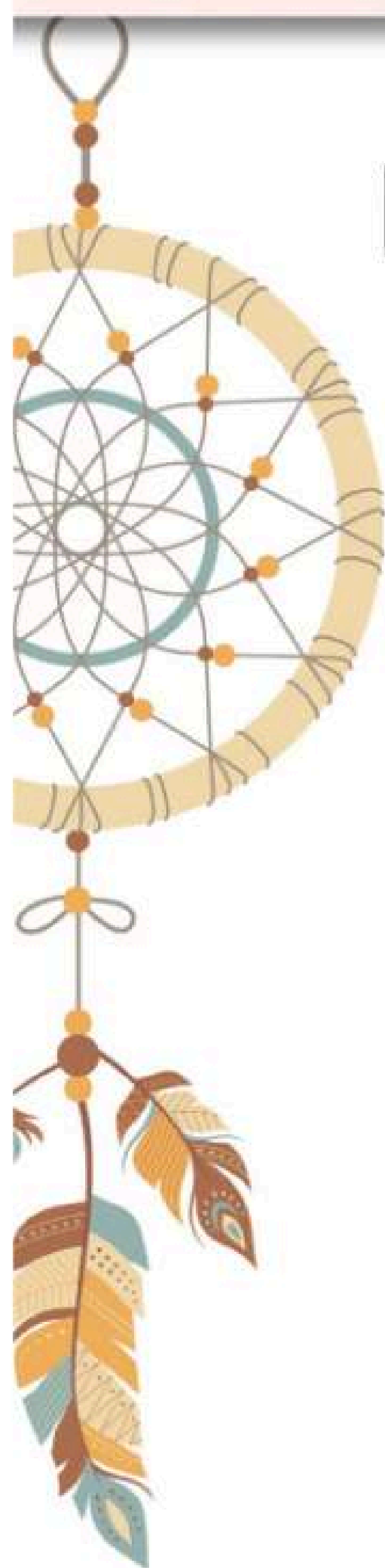
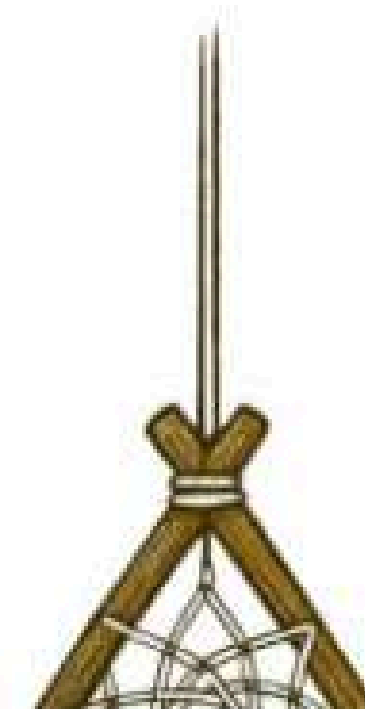
DECORATE

Collect natural items like feathers, leaves, or beads, and tie them to the bottom stick of the triangle with string or yarn.



FINAL TOUCH

Tie some string to the top of your dream catcher and hang it on display.



CURRICULUM LINKS: Art & Design Science: materials History: different cultures

PREP: 10 minutes **LENGTH:** 50 minutes **NUMBERS:** Individual

ACTIVITY DESCRIPTION:

In this outdoor lesson, students will use their skills to create their own stick wind chimes using natural materials. They will learn to select and prepare sticks, assemble their chimes with string, and paint them in rainbow colors. This activity develops creativity, independence, and fine motor skills as students design and construct their unique wind chimes.

EQUIPMENT PROVIDED BY US:



History of wind chimes



Instruction sheet (optional)

BENEFITS OF THE ACTIVITY:

- Independence: Encourages independence as students take ownership of their project from start to finish.
- Motor Skills: Develops fine motor skills through tying, assembling, and painting.
- Enhances understanding of design principles and material properties.

EQUIPMENT PROVIDED BY YOU:



Sticks



String

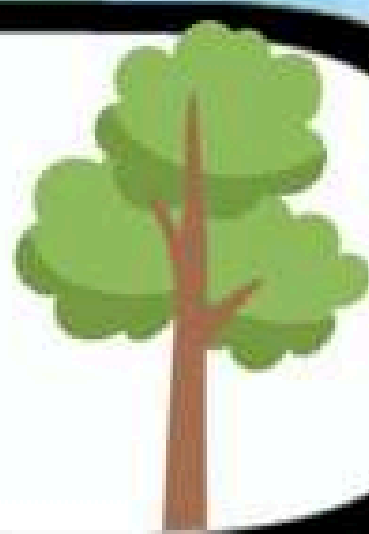


Scissors

Paint & brushes

**EASY TO USE
DIGITALLY**

TREE PROFILE



Teacher's Guide

Ages 8 – 9: Term 2 Week 8

Independence

CURRICULUM LINKS: Science: living things, sustainability

Math: measuring

PREP: 10 minutes

LENGTH: 50 minutes

NUMBERS: Individual

ACTIVITY DESCRIPTION:

For this session students will deep dive into the world of trees where they will create a detailed profile of a tree of their choice. They will draw a picture of the tree, make a leaf rubbing, identify the tree species, and estimate its height. This hands-on activity encourages independence and observation skills while thinking about the importance of trees.

EQUIPMENT PROVIDED BY US:



Tree profile
template

BENEFITS OF THE ACTIVITY:

- Encourages independence and responsibility as students choose and study their own tree.
- Develops observational and critical thinking skills.
- Provides hands-on experience with natural materials.

EQUIPMENT PROVIDED BY YOU:



Blindfolds



Crayons



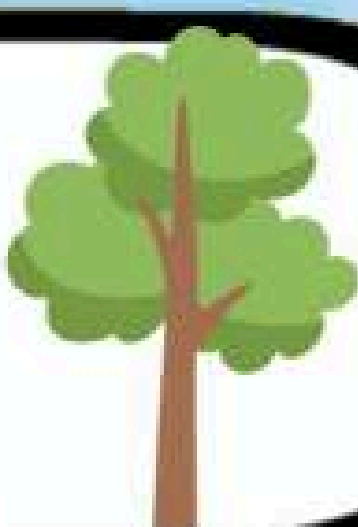
String

SAFETY PRECAUTIONS:

- Ensure students are aware of boundaries and remain within designated area.
- Remind students not to separate from their guide.

EXAMPLE LESSON

TREE PROFILE



Teacher's Guide

Ages 8 – 9: Term 2 Week 8

Independence

BEFORE THE LESSON

- Gather the materials and print out the tree profile template sheets (1 per child).

STARTER:

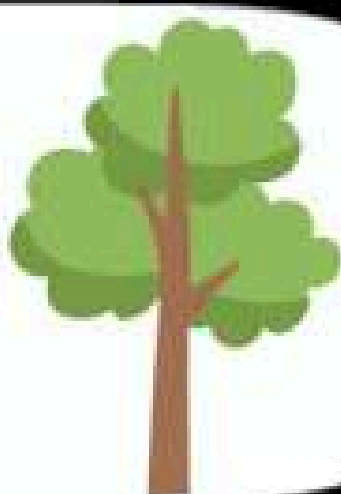
- Pair students up and provide one blindfold per pair. One student in each pair will be blindfolded, while the other carefully leads them to a nearby tree.
- The blindfolded student will spend a few minutes hugging, smelling, and touching the tree to get a sense of its texture, size, and unique features. After a few minutes, the guide will lead their partner back to the starting point and remove the blindfold.
- The blindfolded student must then use their memory and senses to identify which tree they were led to. Once guessed, students will swap roles and repeat the activity.

MAIN ACTIVITY

- Begin by discussing the importance of trees in our environment, focusing on their role in ecosystems and the variety of species. Explain that today's activity will turn them into "Tree Detectives," where they will study and document a tree's unique characteristics.
- Show the students the tree profile and go through each section to ensure it makes sense. Go through ideas for how to estimate the height of the tree (comparing it to their own height or using a stick).
- Give them time to complete their tree profiles. Encourage them to take their time and use good observation skills.
- Allow students time to share their tree profiles with a group or as a class. Discuss the different species and characteristics observed and how the activity helped them use their sensory and observational skills.

EXAMPLE LESSON

TREE PROFILE

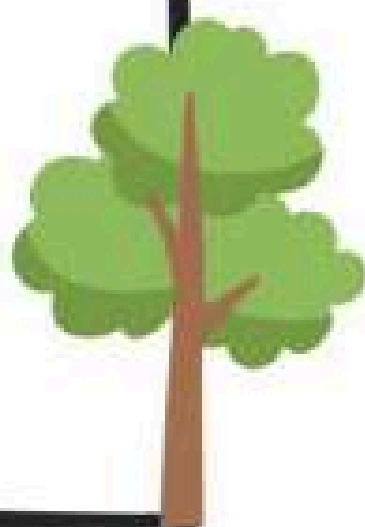


Name: _____

SPECIES:

DRAW THE TREE:

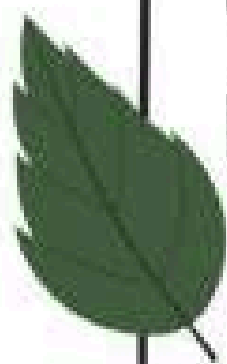
ESTIMATED HEIGHT OF TREE:



USE STRING OR A TAPE
MEASURE TO MEASURE THE
CIRCUMFERENCE OF THE
TRUNK.



USE A CRAYON TO CREATE A LEAF
RUBBING IN THE SPACE BELOW.



USE THIS SPACE TO NOTE ANY
OTHER OBSERVATIONS
(FRUITS, SEEDS, ANIMALS
ETC.).



EXAMPLE LESSON