



OUTDOOR LEARNING IS THE MOST NATURAL FORM OF LEARNING



CHILDHOOD OF TODAY'S **CHILDREN HAS CHANGED**



SIMPLE **TOYS** ARE DISAPPEARING



...AS WELL AS SIMPLE **GAMES**



SCREENTIME IS THEIR PLAYTIME



CHILDREN ARE WITH THE MEDIA DAILY



5 hours **55** minutes (8-12 years old)

Sources: Karel Komárek Family Foundation, 2016; Ofcom, 2016; Common Sense Media, 2015

CHILDREN ARE WITH THE MEDIA DAILY



5 hours 24 minutes (5-15 years old)



5 hours 55 minutes (8-12 years old)

Sources: Karel Komárek Family Foundation, 2016; Ofcom, 2016; Common Sense Media, 2015

CHILDREN ARE WITH THE MEDIA DAILY



4 hours **14** minutes (7-15 years old)



5 hours **24** minutes (5-15 years old)



5 hours **55** minutes (8-12 years old)

Sources: Karel Komárek Family Foundation, 2016; Ofcom, 2016; Common Sense Media, 2015

**EVERY 2. CZECH CHILD SPENDS LESS
THAN 1 HOUR A DAY OUTDOORS**

Source: Karel Komárek Family Foundation, 2016


OVERWEIGHT AND OBESITY ARE ON THE RISE
THE NUMBER OF CHILDREN WITH ADHD IS INCREASING



SENSITIVITY

Our relationship to nature does not depend on our knowledge but on how we can experience nature, if we like to go there, and whether it has any special meaning for us.

RELATIONSHIP TO NATURE



Close your eyes:)

PERCEPTION THROUGH THE SENSES

A close-up photograph of a person's open palm holding a small lizard. The lizard has a dark body with prominent light-colored, wavy stripes running down its back and sides. It is positioned in the center of the palm, facing towards the right. The person's fingers are slightly curled around the edges of the palm. The background is out of focus, showing green grass and some dry, yellowish plant matter.


We perceive and feel primarily through our senses and their combination, i.e. sight, hearing, smell, taste and, last but not least, touch.

NATURE GUIDE

A photograph of three children hiking on a dirt path through a dense forest. The child on the left is a girl wearing a yellow and orange dress and a headband. The child in the middle is a boy wearing a white hat, a striped shirt, and a backpack. The child on the right is a boy wearing a blue and white striped shirt. They are all holding hands and looking down at the ground. The background is filled with green foliage and trees.

A parent or grandparent, a teacher, a tutor, a guide, a club leader, an older friend or group of friends... without them it is hard to find a relationship with nature. The guide must love nature and be authentic.

MAKE NATURE ATTRACTIVE

A close-up photograph of a small, vertical wooden stick with a hand-drawn smiley face on its cross-section. The stick is stuck into a larger, weathered tree stump. The background is a blurred forest scene with green foliage and tree trunks.

Show nature as an adventurous, unique place full of experiences. Make it beautiful, wild, unique, and full of stories.

KNOWLEDGE IS NOT ENOUGH TO BUILD A RELATIONSHIP



Don't combine nature sensitivity activities with exploring or learning about nature. Go to nature once to enjoy it, sometimes to learn about it.



Get wet, get cold, be hungry or get lost when it's a challenge and an adventure. Keep newcomers warm and dry.

**SHOW THE KIND FACE
OF NATURE**

ENJOY MINOR DETAILS

Even the closest
nature is beautiful.



A young girl with pigtails is crawling through tall, vibrant green grass in a forest. She is looking towards the camera and waving her right hand. The background shows several trees with green foliage and a glimpse of a blue sky. The overall scene is bright and natural.

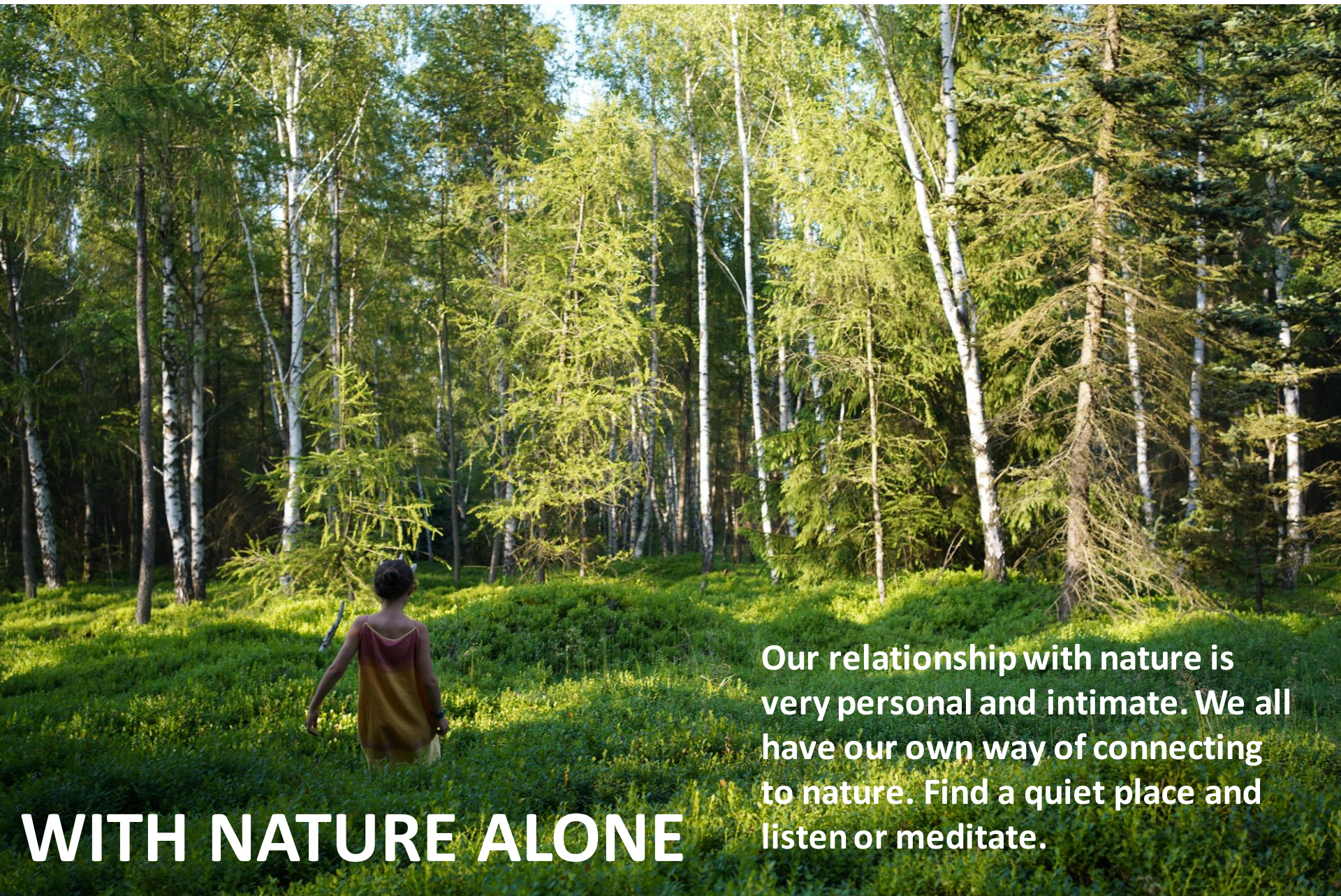
FIND WILDERNESS

The more natural the space is the more attractive it is. Look for impenetrable forests, untamed streams and wild jungles instead of a park with an English lawn.



STOP AND BE STILL

The slower you move the better. You will definitely see and feel nature more on foot than on a bike, more when standing than running, and more in peace than in a hurry...
And definitely more alone than in a crowd.



Our relationship with nature is very personal and intimate. We all have our own way of connecting to nature. Find a quiet place and listen or meditate.

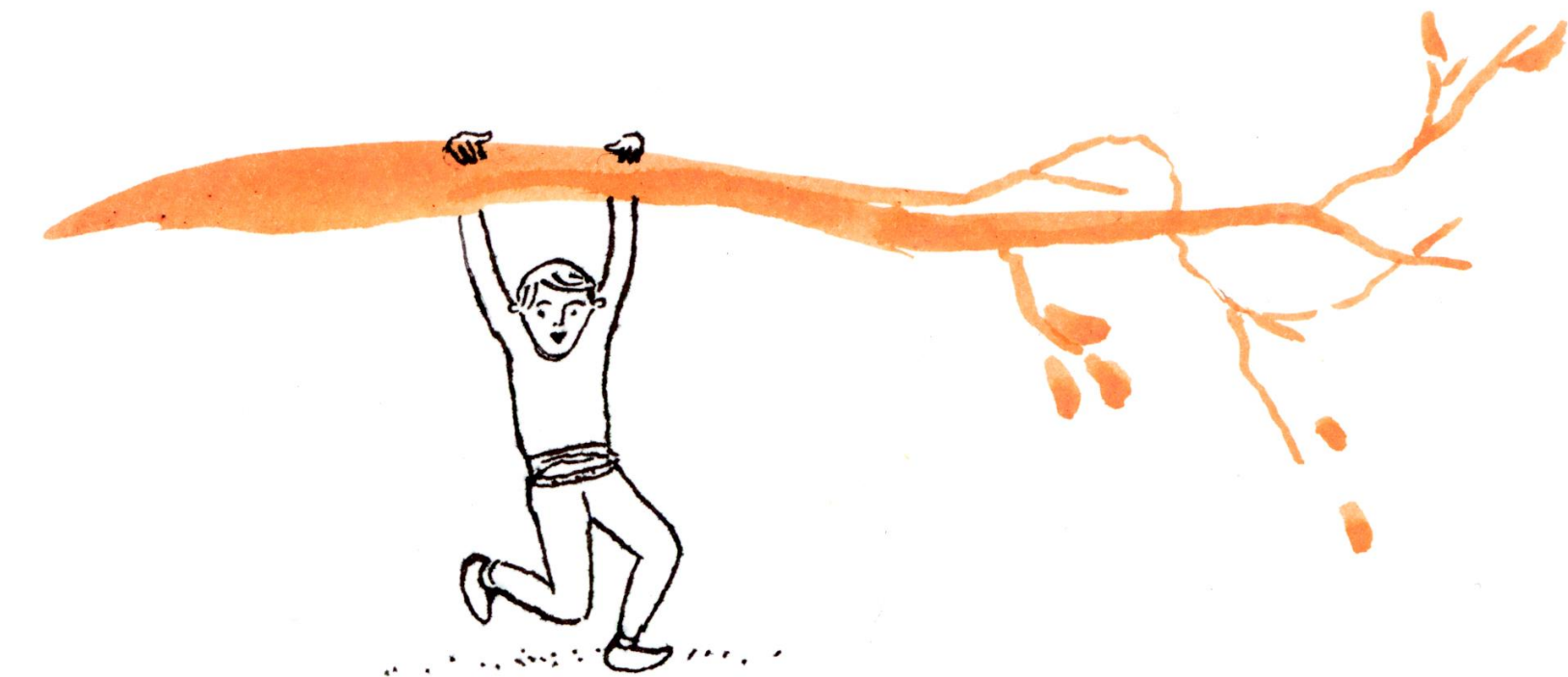
WITH NATURE ALONE

TREES I. EXPERIENCE AND LOVE



LESSONS
IN GRASS





Activities to try

Hello Tree

Tree Islands

My Neighbour, the Tree

Fragrance among the Trees

A Picnic Among the Trees

Tree Hug

A low-angle, upward-looking photograph of a large, mature tree. The thick, textured trunk of the tree dominates the lower half of the frame, extending towards the center. From the trunk, numerous dark, gnarled branches spread out in all directions, filling the upper half of the image. The branches are covered in dense foliage. The leaves are primarily a vibrant green, but many show signs of autumn, with yellow and light brown hues appearing throughout the canopy. Sunlight filters through the leaves, creating a dappled pattern of light and shadow. The sky is visible in patches through the canopy, appearing as a pale, overcast blue. The overall composition emphasizes the height and grandeur of the tree.

Hello Tree

Hello Tree

Before you do the
phenology to find the
best tree and foster
children's imagination

Age 5 to 8 – or those
who like to play



Hello Tree

During a walk you greet the trees and stop and talk about their age, name, ...

The Map: chalk on a sidewalk or pencils on paper or even a 3D natural model, individually or in groups

Reflection: talk about the models, what was it like to create them, what are the trees' stories, ...



Tree Islands



When the group seems ready for some action, or needs to release the school stress



Among trees explain to the children that now they are in the middle of a stormy sea – and they can save themselves only on "tree islands" - places around tree trunks as far as their crowns go



A short walk before the game to see what trees are available and set the boundaries

Tree Islands



With "high tide" the sharks come and the children must find one island each



Developing group perception, sensitivity to each other and empathy: in each round add number of children that must run together (keep in mind that the atmosphere must be safe and supportive cooperation is needed)



Tree Islands

Upgrade: specify which type of island is available and which is not (deciduous / under shrubs / visible roots / large leaves etc.)



Different environments



Flat terrain first, then slopes or different obstacles

Tree islands



Sit under trees and draw a map (together or or in smaller groups) of the "sea" and its islands; children can add pictures, symbols or comics



Reflection: how did it feel to play the game, what was difficult/pleasant, how did rescues in pairs or groups differ, how was creation of the map, ...

A photograph of a single, full-canopied tree with green leaves standing in a vast, flat, green field. In the far distance, a city skyline is visible against a clear blue sky. A dark grey semi-transparent banner with a decorative scalloped edge on its right side is positioned in the lower-left quadrant, containing the text "My neighbor, the Tree".

My neighbor, the
Tree



Using senses

My neighbor, the Tree

Players form pairs, one of them is blindfolded (scarf), the other is guide and leads the first one to a tree

Thorough examination of a tree with all the senses except the most important one

After returning back to the starting point and uncovering their eyes, they must find their tree



My neighbor, the Tree

Exchange roles and play again

! Guides are responsible for their partners' safety

"my place" - children find their favourite place and get some quiet time

Reflection: What was it like to find a tree while "blind"? What was confusing? What helped me? What place did I choose? Do I want to come back here? Etc.



Fragrance among
the trees




Fragrance among the trees

- Start with guesses – talk/draw/write
- Select a place and try to smell various smells (barks, branches, soil, leaves, flowers, fruits)
- What scents are un/pleasant?

Fragrance among the trees

Square sheets of
paper - > make an
origami cup out of it



Children are making
their own fragrance
(small pieces of
whatever they wish)



Fragrance among the Trees

Perfume party! Children can name their perfumes and share it with others

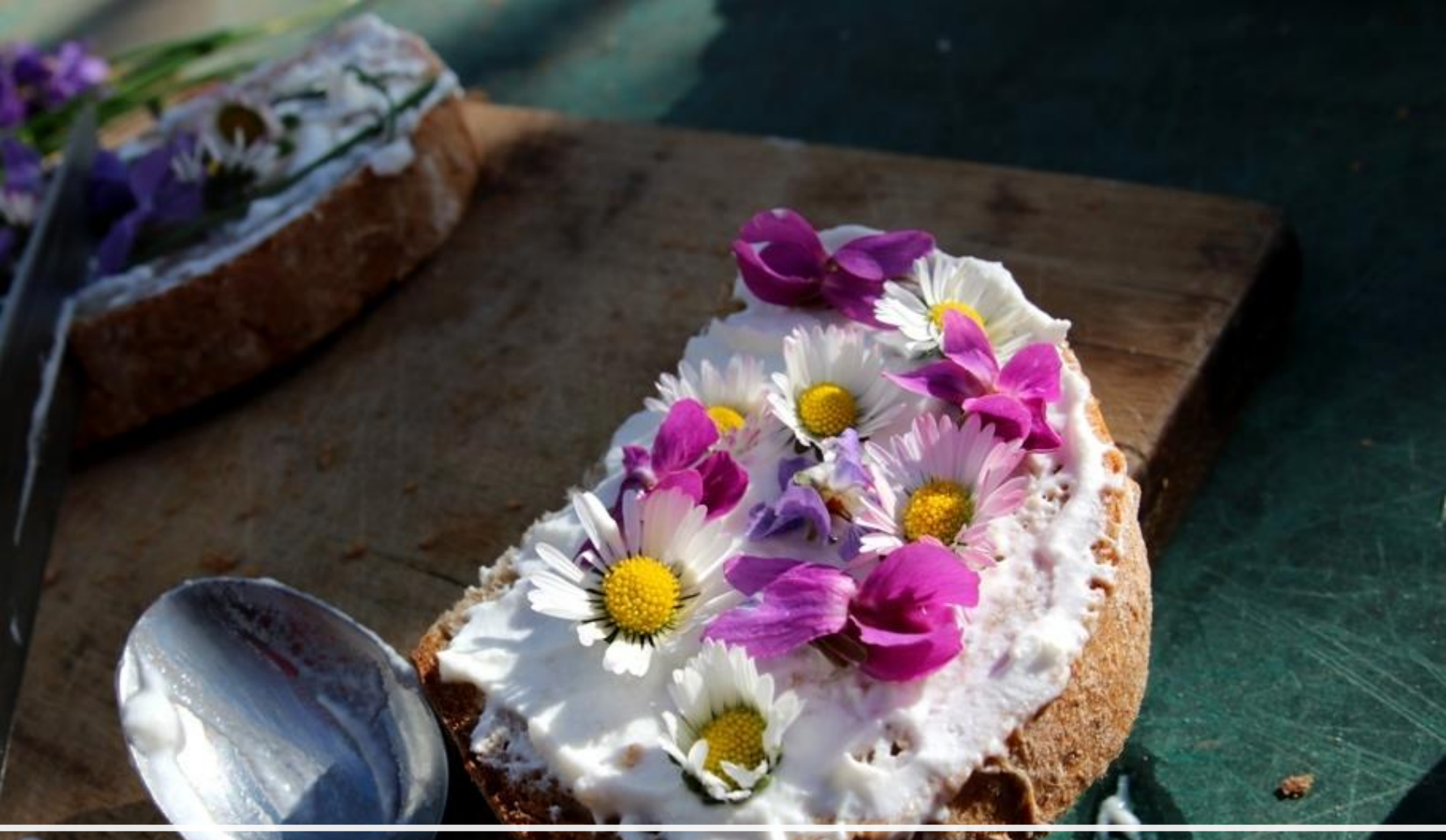
Some trees and shrubs are really used in perfumes or medicins, try to guess

Reflection:
What can trees sense?
(science – trees communicate through fragrant chemicals)



What do you smell?





A picnic among the trees

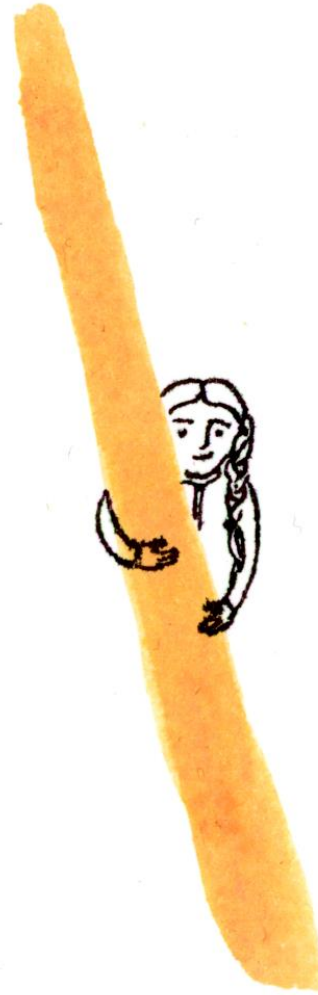
Picnic extension: a tree full of taste –
write down your ideas

Large mug for tea/juice ideas

A spice jar

A plate for what is edible

Tree Hug





Tree Hug

estimate whether trees in your locality are similarly aged (like a school class) or of different ages

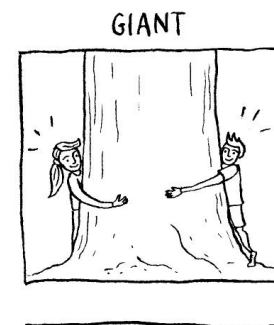
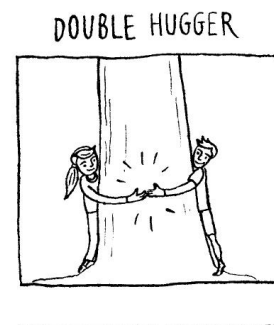
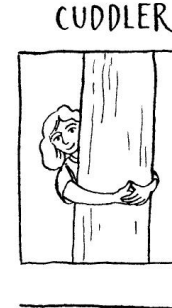
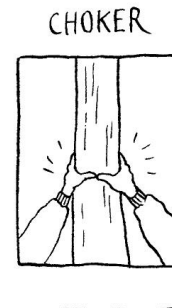
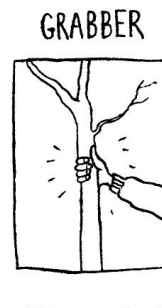
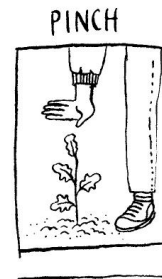
The focus is on overall condition of the stand and its diversity, not the real age

Define a space, divide the children into groups and give them the tool for the Treehugger's method

Tree hug

9 TREE HUG WORKSHEET

TREEHUGGERS



Tree Hug

Share and discuss – all the same age or varied ages all mixed in? What is better?

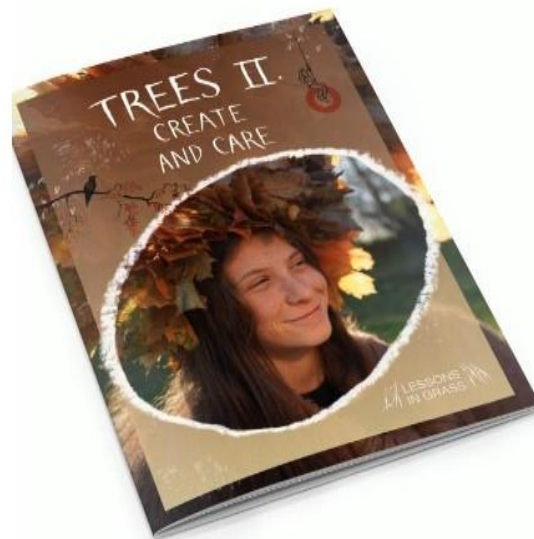
After discussion: Bears!

Reflection (on a tree)



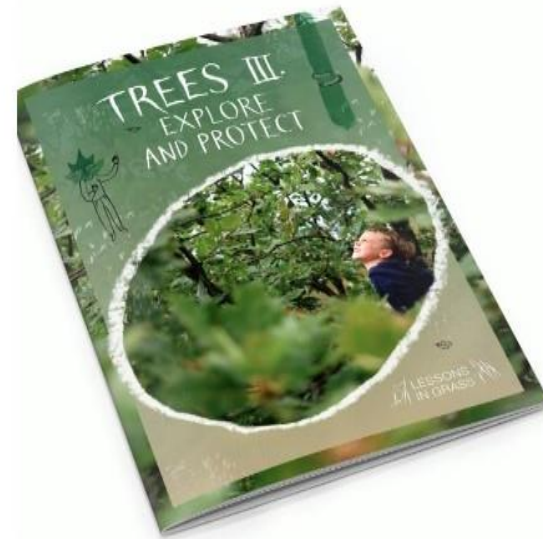
TREES I E-BOOK

This guide will help children to get into closer contact with trees - and thus learn to appreciate them. No more screen time if the great outdoors offers so many adventures!



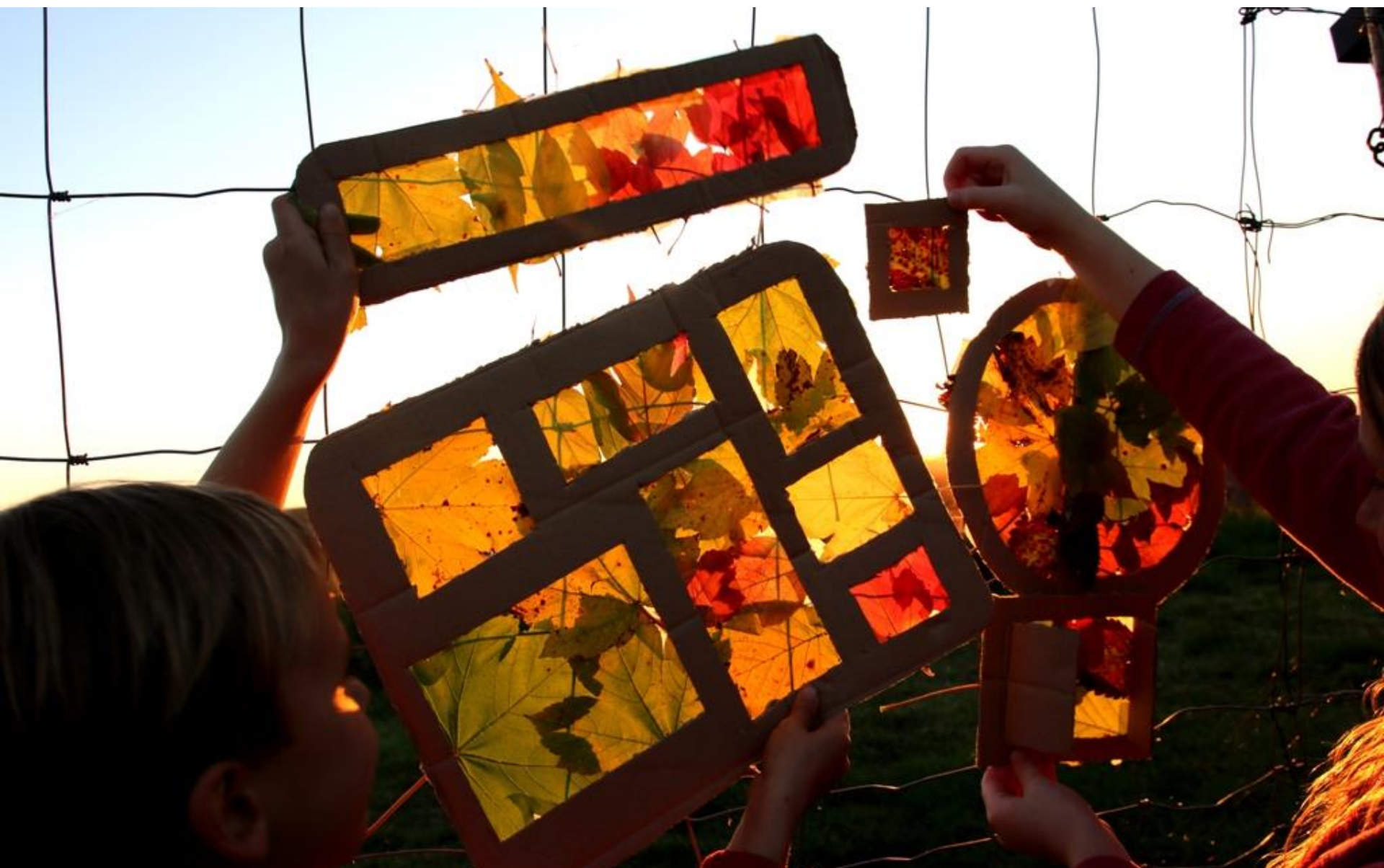
TREES II E-BOOK

Kids will deepen their relationship with trees and train their skilfulness. You will be surprised by how many crafting opportunities trees offer. No more buying home decorations nor small gifts!



TREES III E-BOOK

Once the children love trees and have spent so much time around them searching for things to craft out of, they may inquire the facts and become their guardians.













**Nature is the best playground and
classroom!**



INSPIRATION OUTDOORS



[autumn challenges](#) [home](#) [lessons](#) ▾ [e-books](#) ▾ [blog](#) [about us](#) [contact](#)

HELPING YOU ON YOUR WAY TO OUTDOOR EDUCATION



lessonsingrass.com





LESSONS IN GRASS Time and Fractions

TIME AND FRACTIONS



LESSONS IN GRASS Outdoor Measuring - Metre and Square M...

SQUARE METRE



LESSONS IN GRASS Bird Beaks

BIRD BEAKS



LESSONS IN GRASS Feather Collection

FEATHER COLLECTION



LESSONS IN GRASS Outdoor Measuring - Square Decimetre

OUTDOOR MEASURING - SQUARE DECIMETRE












LESSONS IN GRASS Outdoor Measuring - One Litre

OUTDOOR MEASURING - ONE LITRE





facebook.com/Lessons.in.grass





Upravit úvodní fotku



Lessons_in_grass
869 To se mi líbí • sledující (1 tis.)


Vytvořit reklamy

Spravovat

Upravit

Příspěvky

Informace

Obchod

Zminky

Recenze

Sledující

Další ▾

...

Lessonsingrass.com



Instagram.com/lessons_in_grass



lessons_in_grass

Upravit profil



Příspěvky (52)

Sledující (74)

Sleduji (2)

Lessons in Grass

Kids are natural outdoor explorers. Take them out, teach them out.

We can help you on the way out

lessonsingrass.com

PRÍSPĚVKY

ULOŽENO

OZNAČENÍ





LESSONS
IN GRASS



lessonsingrass.com
team@lessonsingrass.com