



BOND WITH YOUR TREE

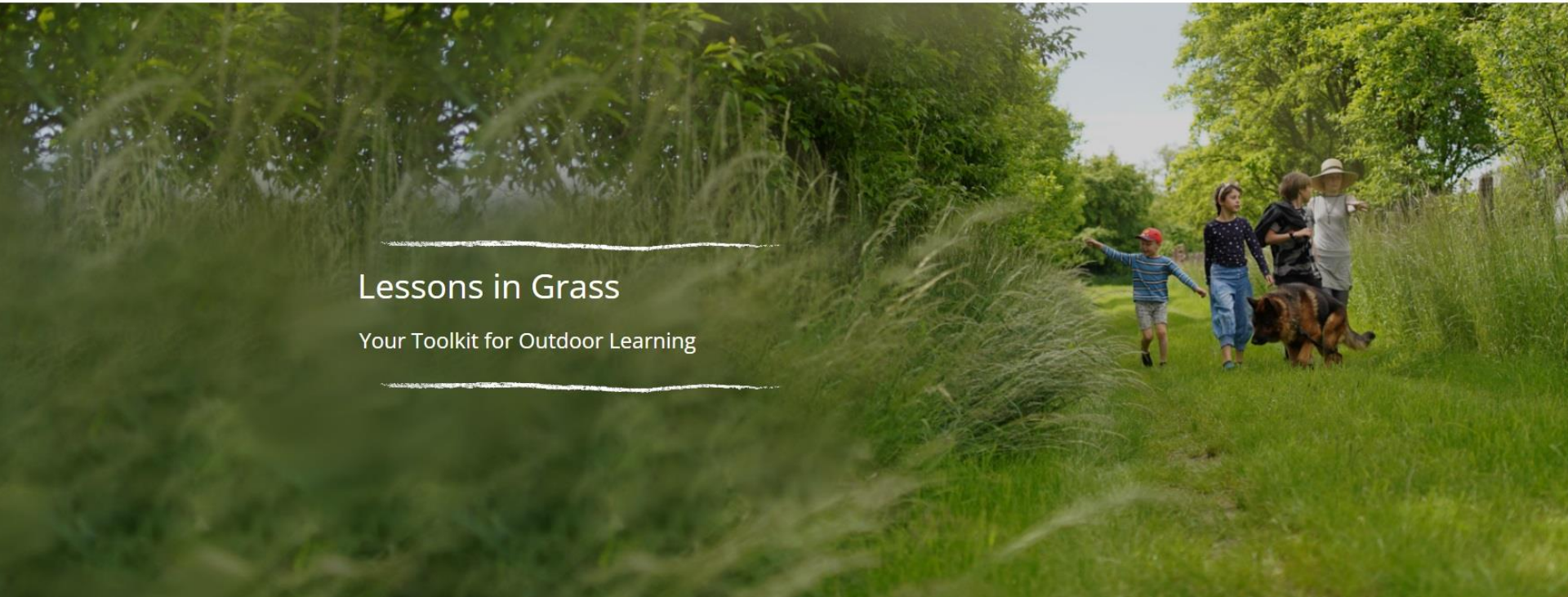




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Lessons in Grass

Your Toolkit for Outdoor Learning



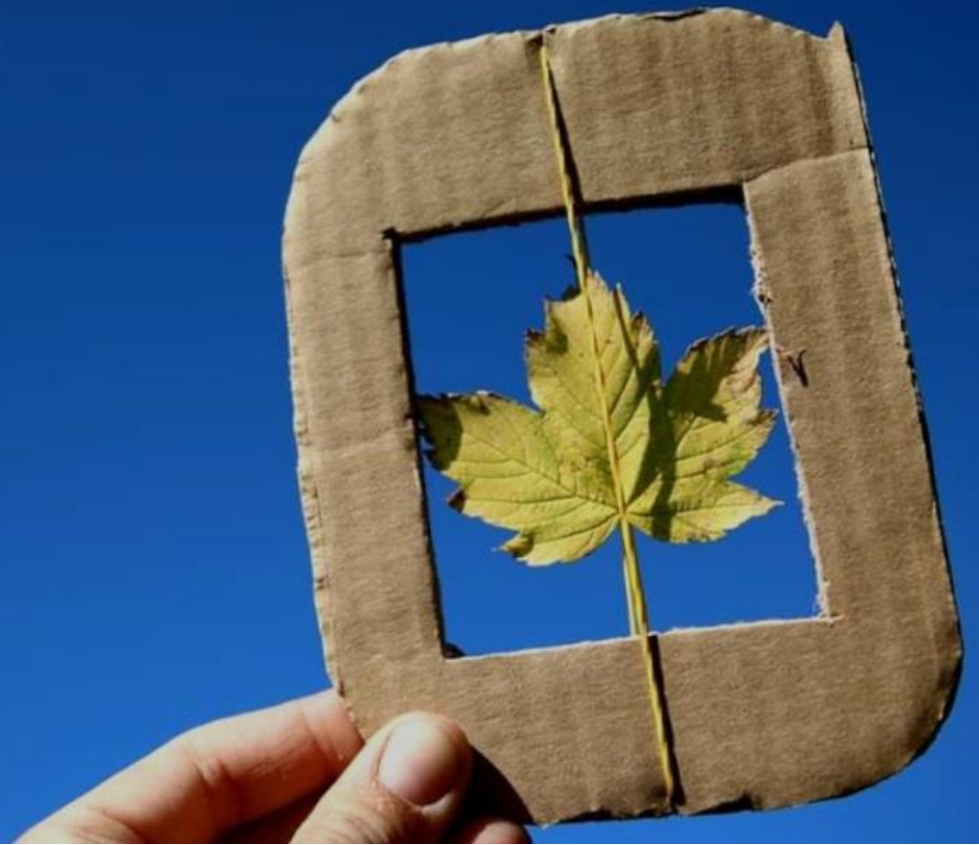
Year-round Adventure

With Our Outdoor Activity Ideas



Time-Saving Lesson Plans

For Profound Outdoor Learning





LET CHILDREN TO:



- MOVE ✓
- EXPLORE ✓
- BE ACTIVE ✓
- ASK QUESTIONS ✓
- USE ALL SENSES ✓
- UNDERSTAND BETTER ✓
- LOVE NATURE ✓



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.

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



PERCEPTION THROUGH THE SENSES



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 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

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**



A close-up photograph of a person's hands holding a small piece of weathered wood. The wood is covered in a dense layer of lichen, with a central section of bright yellow lichen and greyish-green lichen on the sides. The person is wearing a grey, textured sweater with frayed cuffs. The background is a blurred natural setting.

ENJOY MINOR DETAILS

Even the closest
nature is beautiful.

 LESSONS
IN GRASS

A young girl with her hand raised, smiling from a field of tall grass in a wooded area.

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.

A person with their back to the camera, wearing a reddish-brown tank top, stands in a lush green forest. The forest is filled with tall, thin trees and dense undergrowth. Sunlight filters through the canopy, creating a dappled light effect on the ground. In the top left corner, there is a white box containing the text 'LESSONS IN GRASS' flanked by stylized grass illustrations. At the bottom left, the text 'WITH NATURE ALONE' is written in large, bold, white letters. On the bottom right, a paragraph of text is displayed in white, providing a message about connecting with nature.

LESSONS
IN GRASS

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: Encourage children to build up their **sensitivity** to trees and develop a close **relationship** with them.



TREES I. EXPERIENCE AND LOVE



1 HELLO TREE

STOP AMONG THE TREES
AND TRY TO GUESS THEIR AGE,
NAME AND WHAT THEY HAVE
SEEN, FELT, OR EXPERIENCED



GOAL

Go through familiar places with a different kind of focus. The children have the opportunity to greet the trees present in their surroundings and estimate how old they are and what they might have experienced.

TIME

10-20 minutes

AGE

5 to 8 or adults who like to play

WHERE

a place with trees or shrubs with plenty room to run

WHEN

all year round

YOU NEED

papers, pencils, pads for groups, colouring pencils, chalks

1 A WALK

Walk with the children through a familiar place with trees and stop at each tree or some at random. Greet the trees during these brief stops.

! TIP

If you have time, the desire and some natural materials, you can also create a model of the place and include the trees.

2 TREE LIFE

In addition to greeting the trees the children can ask: How old is this tree? Why do we think that? What did the tree see, feel, experience during its life? What might its name be? Children can talk about their guesses and they can also draw or write them down. It depends on how much time you have and the interests and abilities of the children.

4 REFLECTION

Finally, look at the newly created map or maps and talk about them. What was it like to draw the map? How many trees are there? Which one do you think is the oldest and why? Which one is probably the youngest and why? What have the trees experienced? What were the difficulties with drawing the map? What could fit into the map? What else do you want to know about trees?

3 THE MAP

Next, after the walk, stop among the trees and have the children draw, individually or together in groups, a simple map on paper or with chalk on a pavement and include the trees they stopped at. They should add the trees' age, their name for the trees, some interesting facts about the tree's life or whatever else they have "discovered".



EVALUATION OF THE ACTIVITY'S GOAL (EVIDENCE OF LEARNING)

- The children walked among the trees and greeted them.
- The children had the opportunity to imagine the age, name and experiences of the trees.
- The children recorded the trees and their "stories" on the map.

8 A PICNIC AMONG THE TREES



GOAL	To realise it is possible to have a feast, a snack, a rest, or just simply some fun among trees. The children will try to pause, slow down, taste and enjoy food among and/or in trees. The picnic among the trees is so pleasant for children that they will want to invite someone else.
TIME	20–30 minutes
AGE	5 to 99
WHERE	a place with trees or shrubs
WHEN	all year round (the first time should be when it is warm but then try again on colder days)
YOU NEED	blanket, goodies, seat cushions, mugs, plates...

1 PREPARATION

You can agree together in advance who will prepare and bring what. It's good to make the event more than just a picnic or snack outside. It is advisable to make it a festive occasion and give it an exceptional title, e.g. Tea Party. It's great to learn how to have unique moments every day.

2 TEA TIME

Choose a place with the children, preferably somewhere among the trees or directly under a tree. It is advisable to check whether there isn't an anthill or other insect dwelling nearby. Spread the blankets and goodies. You can make a table centerpiece made of natural items and treasures.

3 INTRODUCTORY RITUAL

You can establish a simple ritual if the group is willing. Before you start feasting, sit in a circle and sing together or just listen in silence to the sounds of the surroundings. You can also greet the surrounding trees and thank them for the invitation or thank nature for all the goodies you have there.

4 SLOW CELEBRATION

Let's eat and drink, tell stories and feel comfortable among the trees. Whoever has finished eating can just lie down and look up into the treetops, or climb up and have dessert sitting on a branch.

! TIP

It is good if you can bring tea brewed from trees or shrubs, like rose hips, linden, etc.

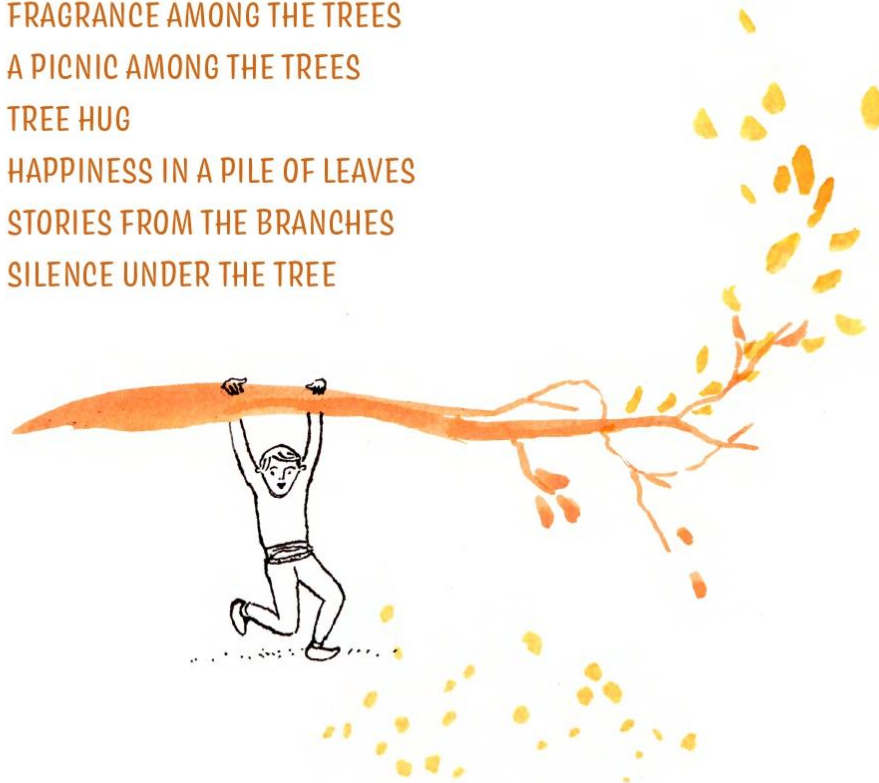
5 SHARING AMONG THE TREES

At the very end, meet with the children in a circle once more to perform a farewell ritual to give thanks, and also to share what food you enjoyed during your outdoor picnic. It's great to talk with children about whom they would like to invite to a picnic (parents, friends, grandparents) and where their favourite place among trees is in the city, in the countryside, etc.).



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- 1 HELLO TREE
- 2 TREE ISLANDS
- 3 MY LIFE AS A TREE
- 4 TREE READING
- 5 MY NEIGHBOUR, THE TREE
- 6 EYES AND EARS AMIDST THE TREES
- 7 FRAGRANCE AMONG THE TREES
- 8 A PICNIC AMONG THE TREES
- 9 TREE HUG
- 10 HAPPINESS IN A PILE OF LEAVES
- 11 STORIES FROM THE BRANCHES
- 12 SILENCE UNDER THE TREE



Walk through familiar places with a different kind of focus, estimate how old the trees are and what they experienced

Hello Tree



Focus your attention to the trees, greet them,
talk about their age, name, etc



TREE ISLANDS

Children will notice and appreciate the different sizes and shapes of the tree crowns

A photograph of three children in a grassy field. In the foreground, a girl in a blue dress with white stars is running towards the camera with a joyful expression. Behind her, a boy in a blue shirt and blue skirt is also running, wearing a blue shark hat. To the right, another boy in a black shirt is running, also wearing a blue shark hat. The background shows a large tree and a white structure, possibly a tent or a building, under a bright sky.

Variation:

Specify the type of island
(deciduous, under shrubs,
visible roots, large leaves,
etc.)

Different environments

Children will experience the life of a tree through a short story and use their bodies to dramatise it

MY LIFE AS A TREE



LESSONS
IN GRASS



Germination... seedling... tree

A young woman with dark hair is sitting on the grass, leaning against the trunk of a large tree. She is wearing a red cardigan over a striped shirt and black leggings. She is holding an open book and looking down at it. The background is a lush green field with many yellow dandelions and several bare trees under a bright sky.

How different is a reading workshop under the trees?

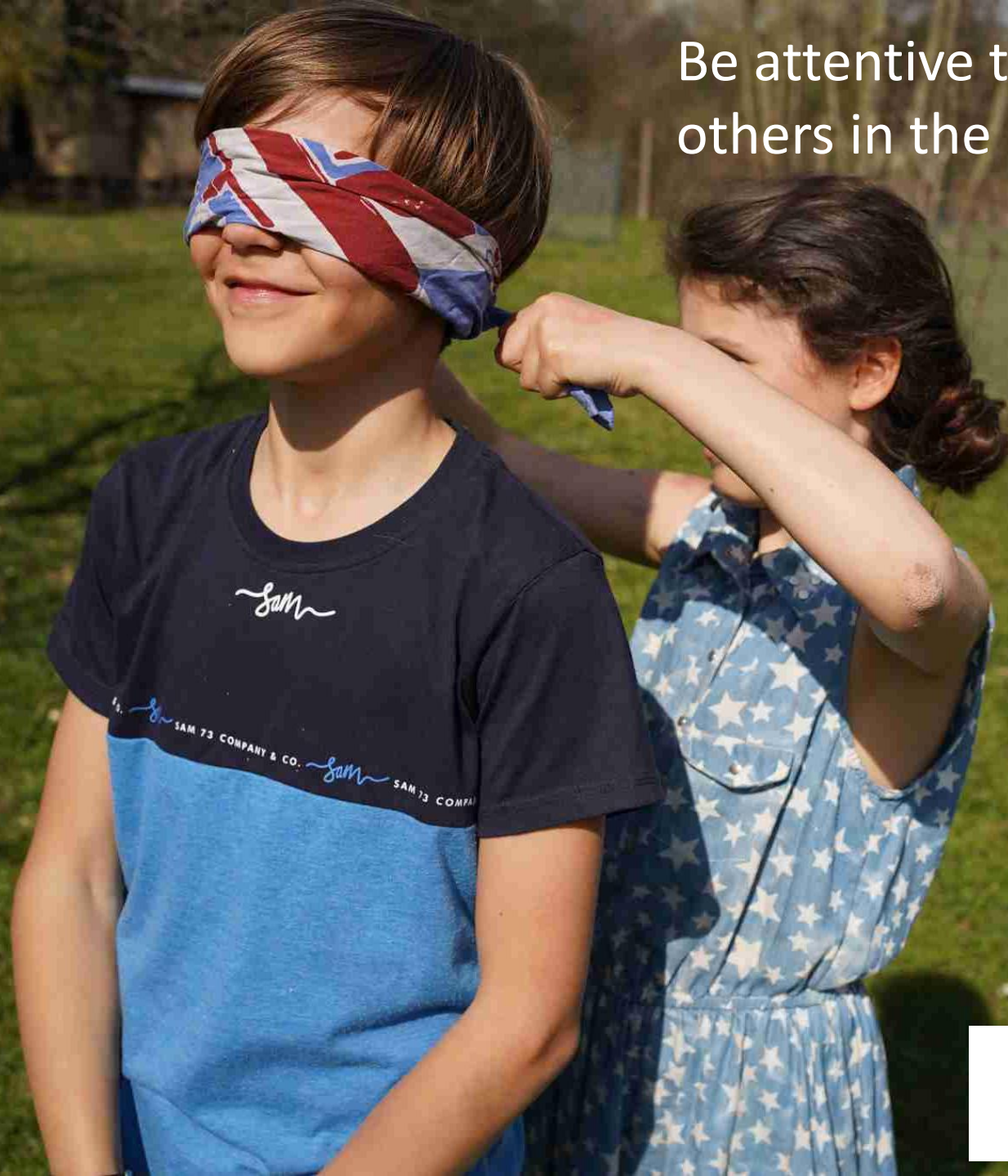
 LESSONS
IN GRASS

TREE READING



Examine a tree with all the senses except
the most important one

Be attentive to the needs of others in the role of a guide





EYES AND YEARS AMIDST THE TREES

Discover the wide range of sounds,
shapes and colours around trees

 LESSONS
IN GRASS



Draw a map of sounds and colours



What does a tree smell like?

What scents are un/pleasant?

Create and name your tree perfume





LESSONS
IN GRASS



A PICNIC AMONG THE TREES

Develop the ability to look
for pleasant and soothing
places in nature

Enjoy the moment, make
shared food a ritual





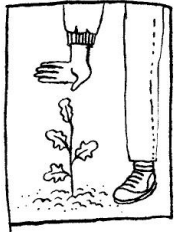
Use the special Treehuggers' method to estimate whether trees in your locality are similarly aged or of different ages

TREE HUG

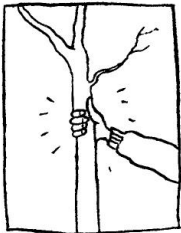
9 TREE HUG WORKSHEET

TREEHUGGERS

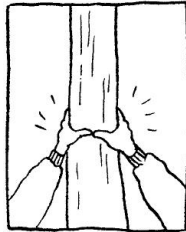
PINCH



GRABBER



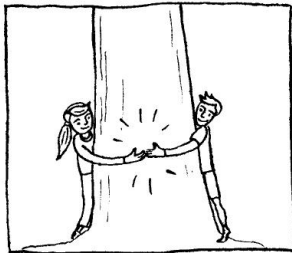
CHOKER



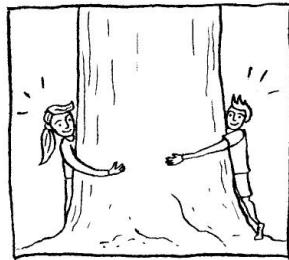
CUDDLER



DOUBLE HUGGER



GIANT



HAPPINESS IN A PILE OF LEAVES

Let children frolick in leaves and
discover the importance of fallen leaves
for small animals and the soil



 LESSONS
IN GRASS 



LESSONS
IN GRASS

How would I see the tree if I were a
mouse/bird/lichen/leaf/rain... etc?

STORIES FROM THE BRANCHES

arning to see
familiar places
ugh different
s teaches
dfulness,
oathy and
ect for the
ds of others





Nature means something different for each of us and the best way to find out is to spend there some time completely alone and in silence



SILENCE UNDER A TREE



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TREES II E-BOOK

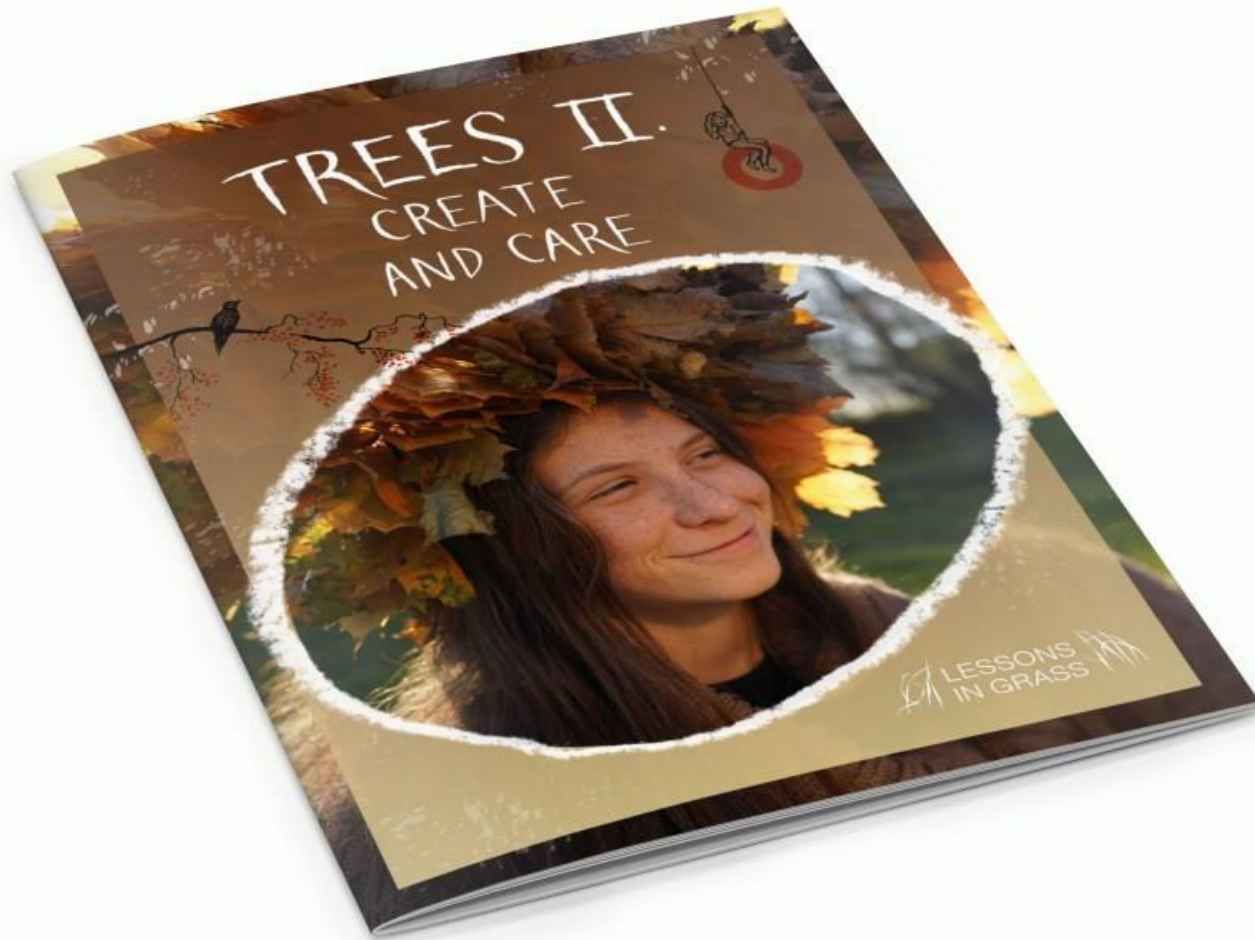
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TREES III E-BOOK

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.

TREES II: experience trees and the forest as an **inspiring place** that boosts creativity.



CONTENTS

- 1 LEAF SUNCATCHERS
- 2 TREE PUPPETS
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- 4 TREE FACES
- 5 TREE PATTERNS
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- 7 TREE DREAMCATCHER
- 8 TREE AMULET
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- 10 TREE WORLDS
- 11 THE JUNGLE JOURNEY
- 12 TREE IMPRESSIONS





 LESSONS
IN GRASS 

LEAF SUNCATCHERS

TREE PUPPETS





 LESSONS
IN GRASS



**SOIL TREE
PICTURES**



TREE FACES



 LESSONS
IN GRASS 



TREE PATTERNS

TREE MODEL



TREE DREAMCATCHER



LESSONS
IN GRASS



TREE AMULET



 LESSONS
IN GRASS



LESSONS
IN GRASS



LESSONS
IN GRASS

TREE DEN

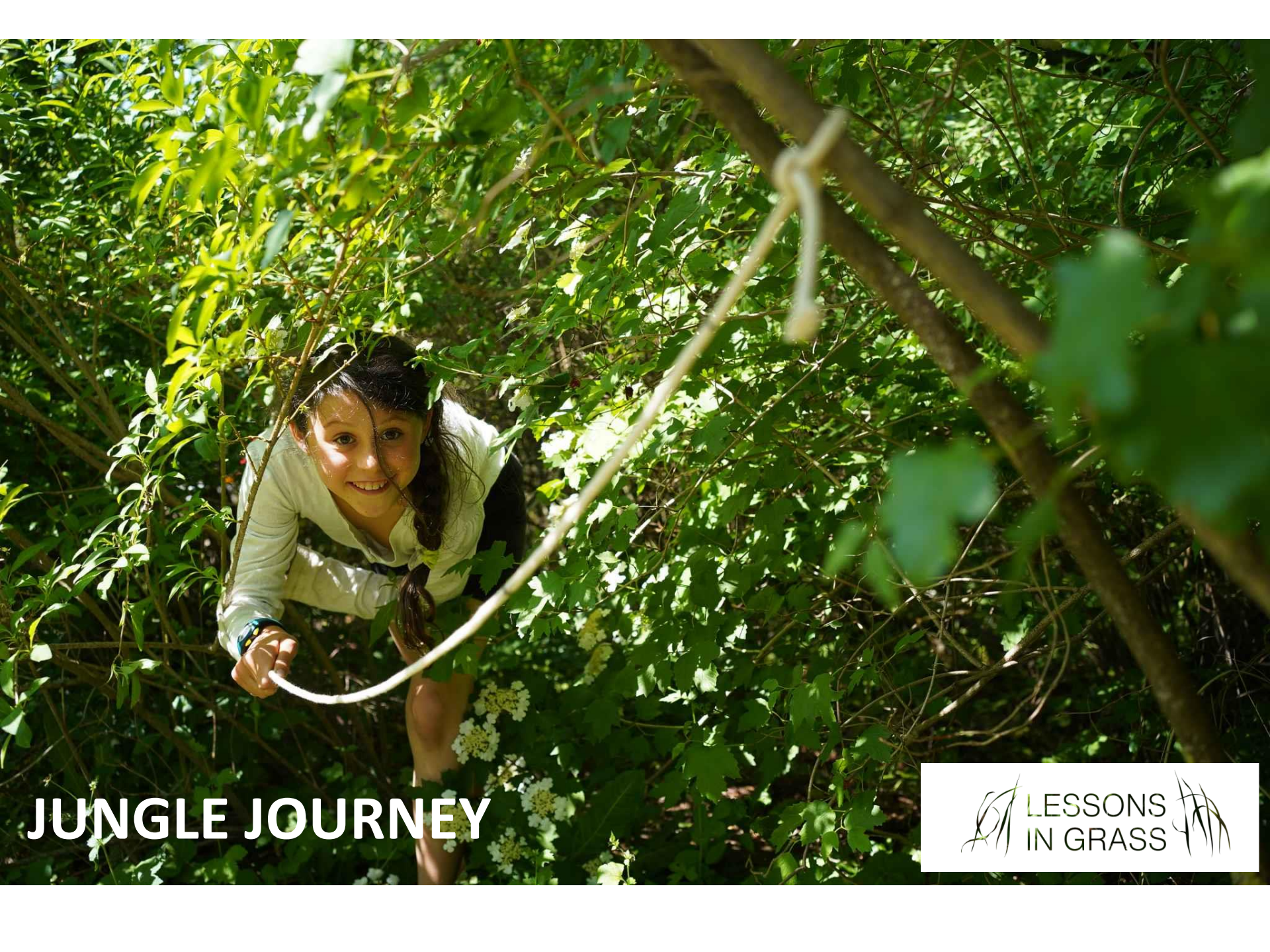
TREE WORLDS



LESSONS
IN GRASS



LESSONS
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JUNGLE JOURNEY





 LESSONS
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TREE IMPRESSIONS

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



INSPIRATION OUTDOORS



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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



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Join us for a **free webinar Numbers Outdoors** on April 9 from 8 p.m. CEST

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<https://lessonsingrass.com/webinars/>



Lessons_in_grass

3,5 tis. To se mi líbí • sledující (4,2 tis.)



Inzerce

Spravovat

Upravit



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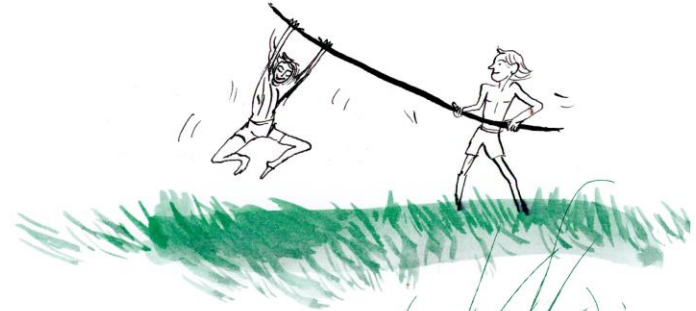
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PRÍSPĚVKY REELS ULOŽENO OZNAČENÍ

The grid displays six posts from the 'lessons_in_grass' account. The top-left post shows a person holding a white tulip flower against a cardboard cutout. The top-middle post shows a person's hands working with soil and seeds in a purple tray. The top-right post shows a child drawing in a notebook outdoors. The bottom-left post shows a wooden surface with various natural materials like seeds and pinecones. The bottom-middle post shows a close-up of a person's face looking through green leaves. The bottom-right post shows a small red LEGO figure standing in a grassy field.





LESSONS
IN GRASS

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