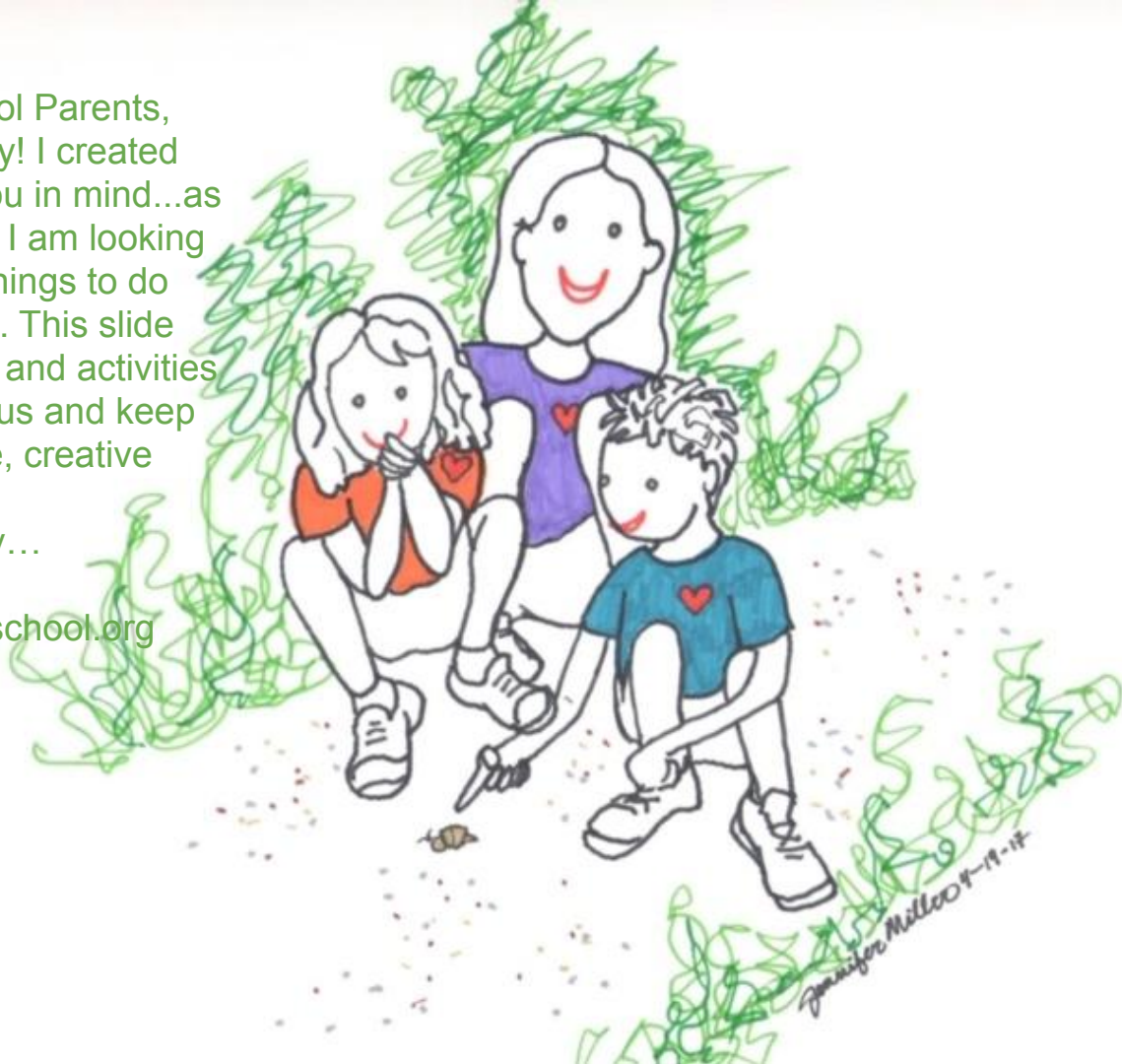


Dear Deal School Parents,
Happy Earth Day! I created
this slide with you in mind...as
a parent myself, I am looking
for meaningful things to do
with my children. This slide
features articles and activities
to help connect us and keep
our minds active, creative
spirit alive!...
I hope you enjoy...
Ms. Lucarelli
clucarelli@dealschool.org



confident parents confident kids

A site for parents actively supporting kids' social and emotional development

<https://confidentparentsconfidentkids.org/2020/04/21/learning-together-about-our-planet/>

SEL Tip for the Day

Give Children a Chance to Express Themselves

Find ways for children to express their feelings through conversation, music, art, dance, writing, or other activities. Tune into how they're feeling throughout the day and offer quiet time or breaks as needed.

www.casel.org

[@caselorg](https://twitter.com/caselorg)

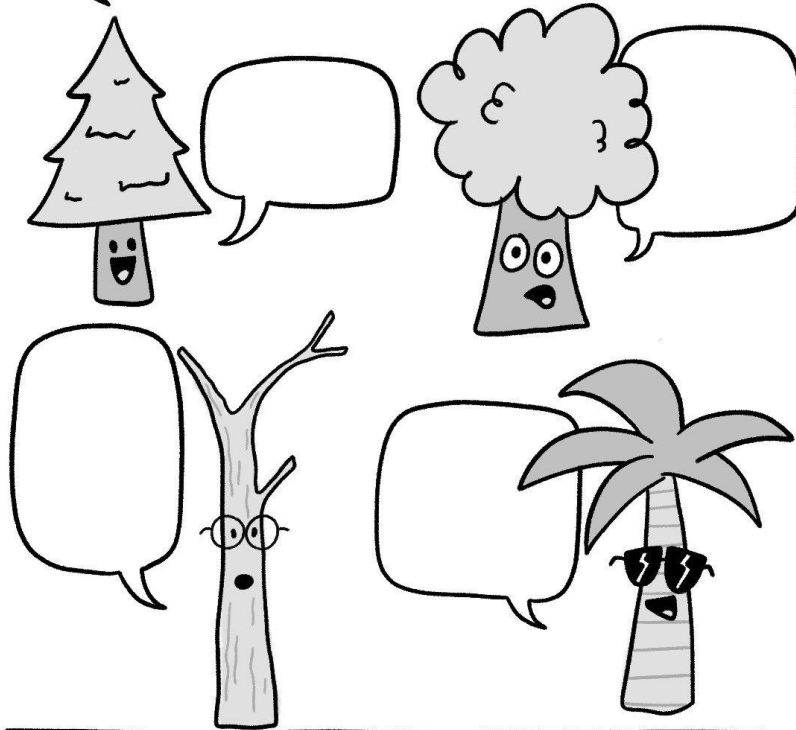


CASEL CARES INITIATIVE
Connecting the SEL Community

THE NEXT SET OF SLIDES ARE FROM ARTIST JARRET
LERNER. IF YOU DO NOT HAVE A PRINTER, NO
WORRIES...RE-CREATE THE DRAWING BY STARTING A
NOTEBOOK OR JOURNAL OR A PIECE OF PAPER...

GIVE THESE TREES NAMES

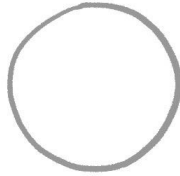
FILL IN THEIR SPEECH BUBBLES



WRITE OR DRAW A STORY CONTAINING ONE, SOME, OR ALL OF THE TREES

HOW TO DRAW a SNAIL

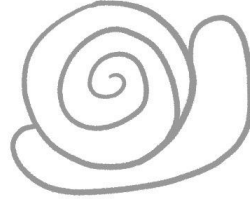
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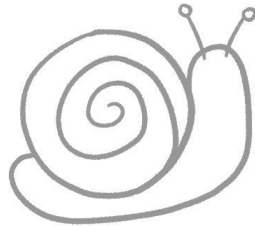
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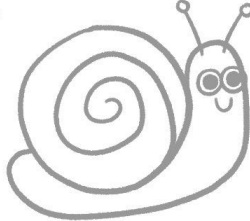
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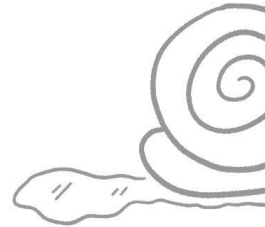
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IMPORTANT: THERE IS NO RIGHT OR WRONG WAY TO DRAW ANYTHING. TRY OUT SOME VARIATIONS AND FIND YOUR OWN STYLE!

HOW TO DRAW a BUTTERFLY

①



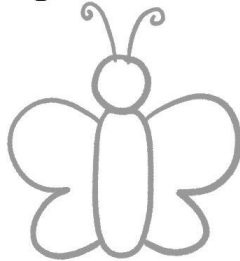
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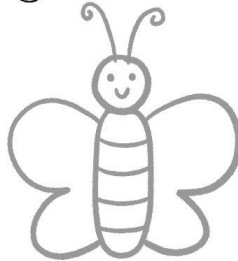
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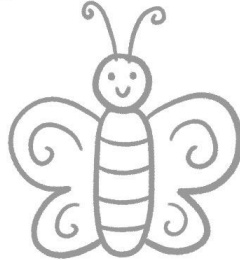
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IMPORTANT: THERE IS NO RIGHT OR WRONG WAY TO DRAW ANYTHING. TRY OUT SOME VARIATIONS AND FIND YOUR OWN STYLE!

WHAT'S GROWING ON THIS TREE?



YOUR ANSWER CAN
BE REALISTIC OR
FANTASTIC!

CAN YOU NAME **25** THINGS THAT
COME FROM THE **PLANET EARTH?**

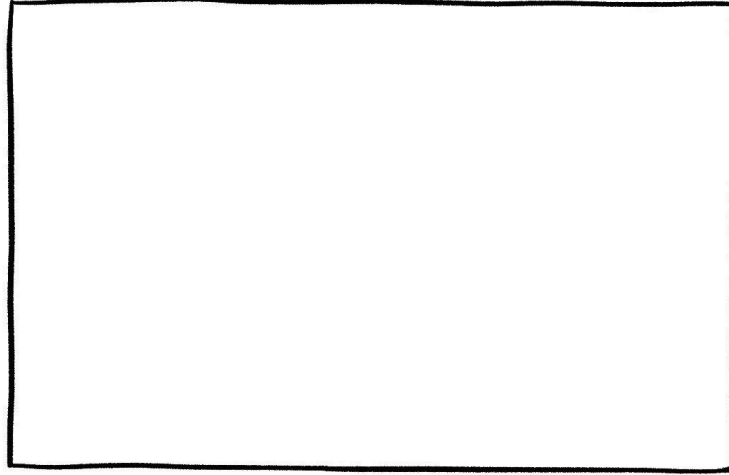
TRY TO FINISH THE ALPHABET CHART BELOW!



A SPARAGUS	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

BONUS ACTIVITY: DRAW ALL 25 THINGS!

WRITE A **THANK YOU NOTE**
to the **PLANET EARTH**



ME? AW, HOW
SWEET!

Little Pine Learners is a website that inspires the love of learning outdoors.

<https://littlepinelearners.com/>

Here are some of our photos from the activity with nature mandalas (go to the website and search nature mandalas)







OUR NATURE MANDALA

From:
PBS Learning Media
PBSKids.org
Explore the outdoors

Nature Bingo Boards found here.

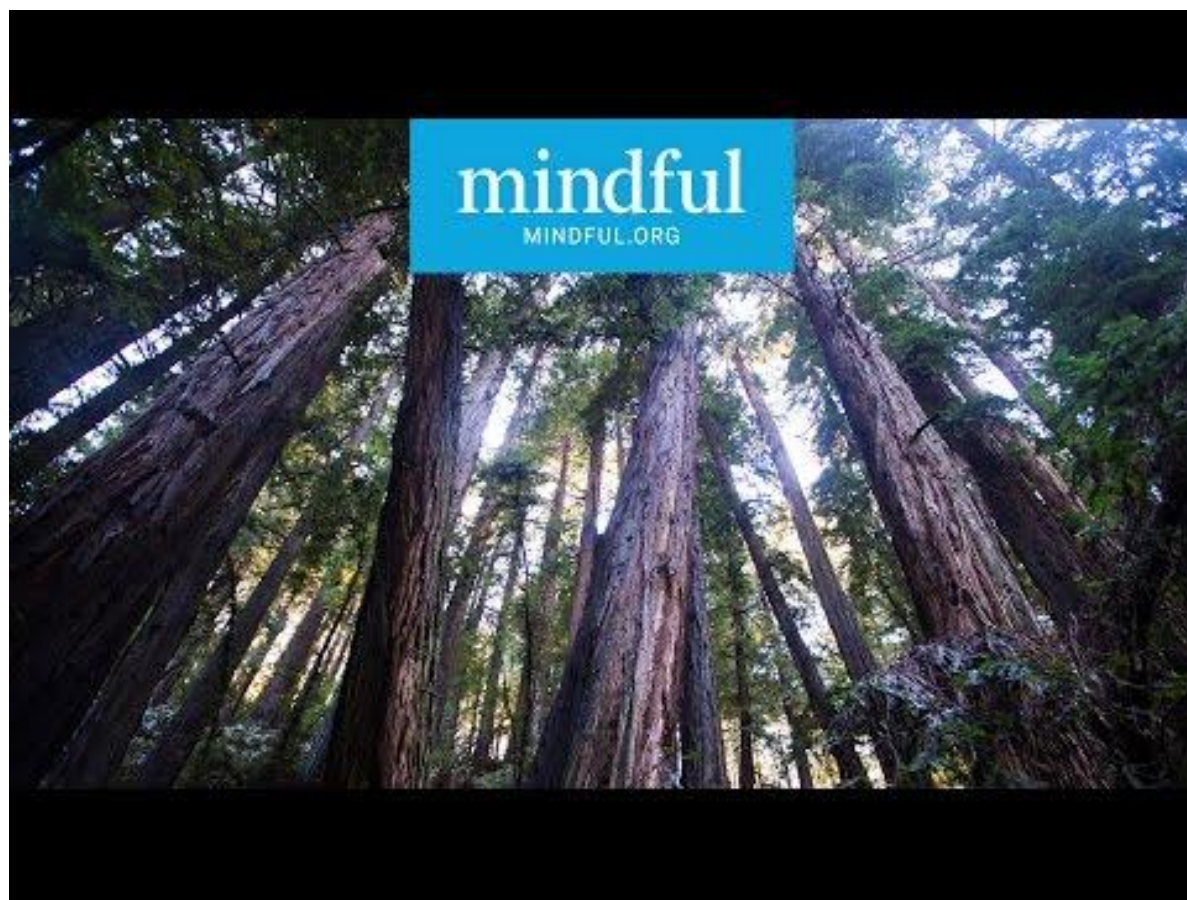
https://www.pbslearningmedia.org/resource/dots-nature-bingo/dots-nature-bingo/?utm_campaign=ETO_2020&utm_content=1586552680&utm_medium=social&utm_source=twitter
[#.XmbcBqhKg2w](#)

77 Simple STEM Activities for Families:

Nature Edition

- Find something in your yard from every rainbow color
- Watch *Wall-E*
- Track & graph your family's daily garbage output
- Learn about local recycling
- Set up a recycling station in your home or school
- Plant seeds in a clear water bottle to watch the roots grow
- "Invent" your own island
- Pick up garbage using the *Litterati* app
- Build a device to safely grab litter
- Turn a cardboard box into a pet playground
- Put seeds in wet paper towel in a Ziploc bag & hang in a window to sprout
- Turn an old shirt into a pillow
- Recycle plastic grocery bags into a ball, bag, or artwork
- Put leaves under a sheet of paper & rub over their shape with a crayon
- Paint or draw a picture of a plant, build a frame, & hang it on the wall
- Make hidden messages using lemon juice
- Pick 10 things (pinecones, birds, squirrels, etc) & tally how many you see on a walk
- Research different pets before getting one
- Repurpose paperclips, pen caps, or milk jug rings into art
- Watch *Spare Parts* & build an underwater robot
- Go for a walk and use an app to identify plants
- Record a bug, butterfly, or spider in slow motion
- Make constellations on the wall by poking holes in a paper cup & shining a flashlight through it
- Create a treasure hunt with a map & clues
- Learn to identify trees by their leaves or bark
- Make the alphabet from sticks or other natural items
- Make your name or words out of recycled materials
- Make something from old puzzle pieces
- Plant some flowers
- Make dinner for your family
- Determine how much waste there is from cooking a meal
- Invent your own musical instrument using recyclables
- Measure & graph temperature or rain totals
- Make a time capsule to open in 10 years
- Plant a butterfly garden
- Watch *Cloudy with a Chance of Meatballs*
- Try sprouting a carrot top, dried bean, or fruit seed
- Put celery or flowers in water that contains food coloring
- Learn bird calls
- Turn an old book into art
- Observe the moon each night & take pictures to make a time-lapse video
- Make a bird feeder using a pinecone, suet, & birdseed
- Count how many & what type of birds come to your birdfeeder
- Paint rocks with encouraging words
- Learn to weave using grass or strips of birch bark
- Make a sundial
- Invent a board game using bottle caps or other small recycled items as pieces
- Make a slow-motion video of something in nature
- Learn to fold cloth napkins
- Draw 20 circles & turn each into something from nature (bugs, planets, rocks, etc)
- Make something from an empty toothpaste tube
- Look at the clouds
- Learn about the history of technology in your area
- Take a walk in the backyard
- Buy something at a garage sale & take it apart
- Fix a broken toy (instead of throwing it away)
- Plant some seeds & record their growth
- Learn to fix something on your family car or your bike
- Take pictures of nature & turn them into postcards
- Create a stop-motion video using items from nature
- Use a magnifying glass to search the ground for bugs
- Interview a Senior Citizen about how technology has changed their world
- Learn to use a compass & take a hike
- Learn about ocean life
- Create something using instructables.com
- Make your own puzzle
- Go camping or fishing
- Weed a garden & identify the weeds
- Go fossil hunting
- Design & build boats for LEGO figures & test them
- Visit a farm or nature center
- Build a solar oven & cook something
- Make a time-lapse video of something in nature
- Find 20 rocks & sort by color, size, weight, or shape
- Learn about different types of rocks
- Make a commercial for a local landmark or park
- Learn to carve or whittle
- Start composting your kitchen waste

Take care of you
too...



TAKE A MOMENT TODAY AND ENJOY A 360 GUIDED MINDFULNESS PRACTICE
THROUGH MUIR WOODS NATIONAL MONUMENT IN CALIFORNIA

DO YOU HAVE A MEMORY OF WHEN YOU EXPERIENCED AWE?

John Muir, whom we can thank for Muir Woods, wrote often about such experiences:

We are now in the mountains and they are in us, kindling enthusiasm, making every nerve quiver, filling every pore and cell of us.

—John Muir

WE BEGIN AN AWE WALK WITH THE BREATH-GO FOR A WALK IN YOUR NEIGHBORHOOD AND TRY THESE 5 STEPS

1) Take a deep breath in. Count to six as you inhale and six as you exhale. Feel the air move through your nasal passages and hear the sound of your breath. Come back to this breath throughout the walk.

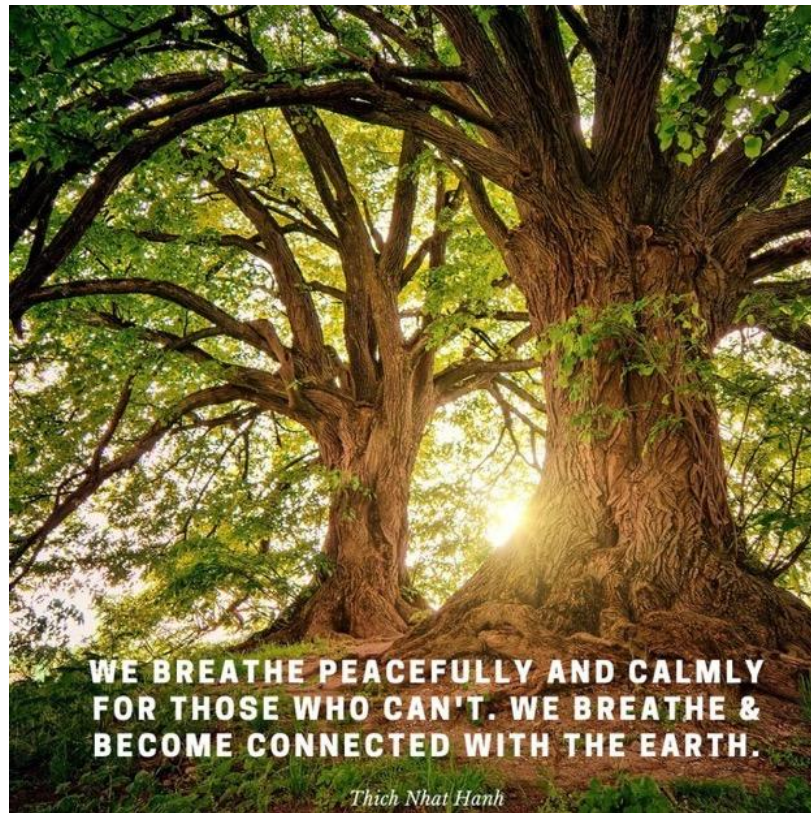
2) Feel your feet on the ground and listen to the surrounding sounds. Return to your breath. Count to six while you inhale and six as you exhale.

3) Shift your awareness now so that you are open to what is around you, to things that are vast, unexpected, things that surprise, and delight. Take a deep breath in. Count to six as you inhale and six as you exhale.

4) Let your attention be open in exploration for what inspires awe. Your attention might appreciate vast spaces, and the sounds and sights within them. You might shift to small patterns, for example of the sorrel on the ground, or the veins on leaves, or a cluster of tiny mushrooms.

5) Bring your attention back to the breath. Count to six as you inhale and six as you exhale. Coming out of these experiences of awe, we often feel a sense of wonder. Wonder happens when we are delighted by that which surprises us, and we are moved to find explanations and deep meaning.

Notice your feet
on the ground
beneath you.
What sensations
do you notice?



What more do you notice when you take a **mindful**, quiet walk in nature together?

