

WILD WEEK 1

Rain

HOOK

Take a walk outside in the rain with all your senses. What can you see, hear, taste, touch, and smell. Visit each sense together in turn. Then explore how the rain makes you feel.. Talk about the gratitude you have for the rain and how it helps the trees, plants and animals.

WILD INVITATIONS TO PLAY

Take the children to a spot where they can explore a muddy hill/ mud slide. Using their muscles to move up and down or even sliding in different ways.. Add different sized tyres to roll down the hill and splash into a puddle then of course be rolled back up to do all over again.

Swing in a hammock and feel the rain drops on your cheeks

Find natural treasures and explore if they float or sink. For example; catkins, sticks, pine cones, blossom.

Create a problem that Teddy needs a waterproof den to stay dry in the rain. Explore how you can make this happen outside using a variety of den making materials. You might want to include a clear plastic sheet and sit underneath it as it rains and watch the drops trickle down.



STORYTELLING

Using clay and natural objects make some snails out of the clay. Once they have dried make up your own stories about them and record these as a video. Enjoy watching them back.



BAREFOOT

Walk bare-foot on the wet grass after it's rained. Can you find some mud to explore with your feet too.

MOVEMENT

Explore a puddle together and negotiate your own space within it so you don't bump into anyone else.

Create a mud slide and navigate moving up and down it.

HEART: STILLNESS

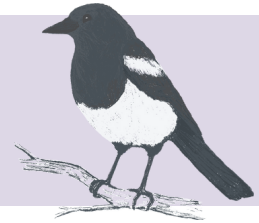
Find a sitting spot in nature and set a timer for 5 minutes (longer or shorter depending on the age of your children) and take in the quietness of the space around you. Start by taking some deep breaths in and out to begin with. You could try doing this with a snack to begin with. Then when the timer goes off talk about how it made everyone feel. What everyone noticed? The more you practice stillness the easier this will become. It's all about connecting to stillness through your senses.

"Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness."

- Eckhart Tolle



NEARBY NATURE



What lives here right now, at this moment of time?

YOUR WINDOW

Sit together at a window and watch how the rain changes the view. The cars have their windscreen wipers on, puddles are getting bigger, birds shelter in the trees, raindrops sit on the branches, people have their hoods up and umbrellas. Look at the clouds and track the raindrops down the window.



WILD WATER

Sit beside a stream or waterfall and just watch the flow of water while eating a snack. Listen to the sounds it makes, the way it finds its flow moving around the rocks, and consider the journey of a rain drop. Where does it start and where does its journey end? How far can you follow its journey for by following on at the side of a stream. Can you make a leaf boat and see if it can float downstream?



WILD GRASS

Head into the grass and look for holes. It could be a tractor has been out and its tyre tracks have left big holes to explore. Moles also love to make tunnels under the grassland. They dig their nest chambers well above water levels, so heavy rain and seasonal weather change doesn't cause them concern. If severe flooding occurs and their tunnels become submerged, moles are able to swim to higher ground and safety. Can you find ways to make your own tunnel highway using loose parts.



WILD URBAN

Head outside and explore where the rain goes in your town. Where has the biggest puddles? Can you see movement of water down drainpipes and into the storm drains?

What happens if you ride your bike through a puddle?

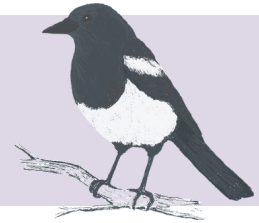


YOUR GARDEN

Head outside after the rain and look for raindrops sat still on branches. Can you have a go at creating a representation of these in paint, crayon or sculpt.

You could also add a mirror under the trees to gain a different view point of the trees.

NEARBY NATURE



What lives here right now, at this moment of time?

WILD WOODLAND

After the rain turn over a rock or tree stump and take a look for woodlice and beetles.



Body

WILD BEACH

Big tides and spring storms at this time of year bring so much treasure onto the beach. Find a good sitting spot for a few minutes and watch the large waves crashing into the shore line. Then head for a walk along the shore line and make a record of your journey by sticking what you've found onto some cardboard.

NIGHT SKY

Take a full moon walk to see the worm moon. Then head back and add light up stars, a moon projector, small world worms and flowers to your water play.



MUD KITCHEN

Cover your kitchen area with a clear plastic sheet to create a cosy den. Then provide tea pots, jugs of different sizes, cups and saucers, tea strainers to make cups of tea. Tea bag packaging could also be added too.





ACTIVITIES ON:

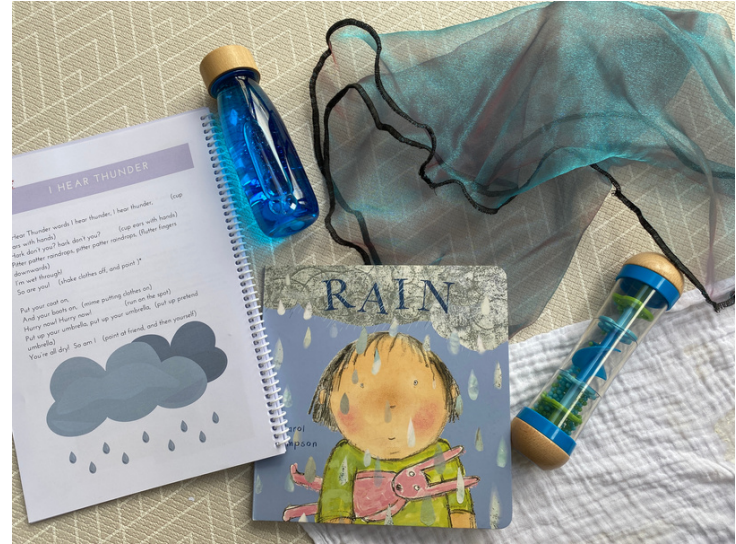
Rain

INDOOR PLAY INVITATIONS

Add rainy day clothing to your dramatic play centre and observe how children use this in their play.

Create a small world town that's been flooded after too much rain. Talk about the devastation and how the people that live there might feel.

Explore re-creating the sound of the rain with rain makers and other instruments. Sing songs about the rain; Singing in the rain and It's raining it's pouring.



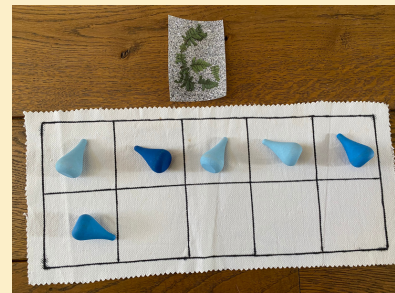
LITERACY OPPORTUNITIES

Find a puddle and add some food colouring into it, flower petals and other fairy props you might have. Add a little bit of bicarbonate of soda and watch what happens! Make a list of adjectives to describe how the fairy puddle.



MATHS OPPORTUNITIES

Explore loose part raindrops on a ten frame made from fabric. Add a dice and number cards to add increased challenge.



KNOWLEDGE BUILDER:

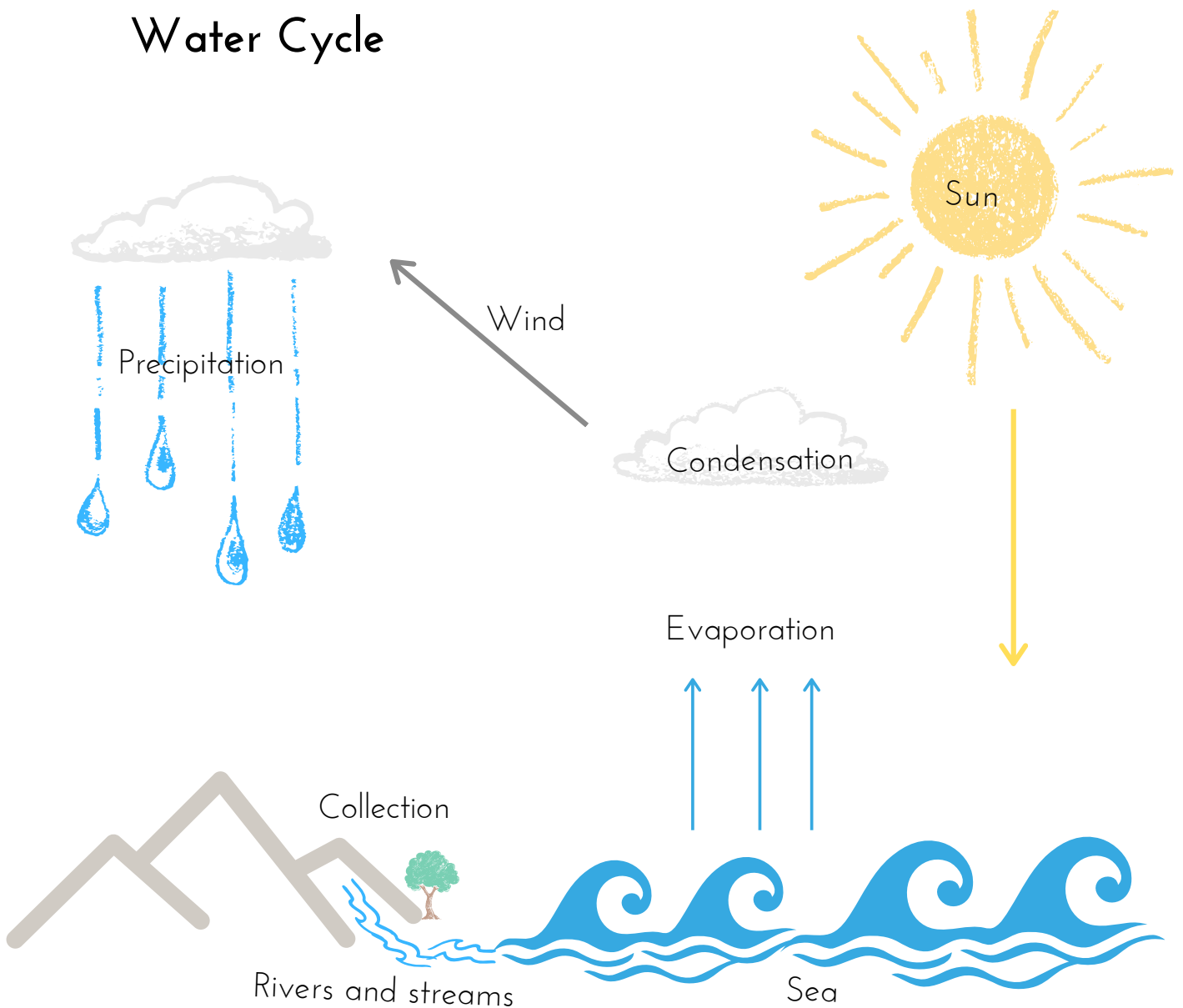


Rain

Why does it rain?

This is a question often asked by young children. Rain is droplets of water that fall from clouds. Heat from the Sun turns moisture (water) from plants and leaves, as well as oceans, lakes, and rivers, into water vapour (gas), which disappears into the air. This vapour rises, cools, and changes into tiny water droplets, which form clouds.

Water Cycle



KNOWLEDGE BUILDER:



Rain



Where gets the most rain?

India's north-eastern Khasi Hills gets the most rainfall each year. Followed by Emei Shan, Sichuan Province, China and Kukui, Maui, Hawaii, Oceania. In these places the average annual rainfall is around 8,169 mm. Compared to 33.7 inches on average each year in the U.K. Even though Antarctica has all that ice, it receives little rainfall, making it the driest continent on Earth.

What are puddles?

A puddle is a pool of liquid that forms on the ground, it is normally from rain water. It is generally shallow enough to walk through and mainly form where there is a dip in the surface. The size of the puddles varies depending on how wide and deep this dip is.

What makes a puddle?

Puddles are formed by rain that falls from the clouds in the sky as droplets of water. When you have lots and lots of water droplets you get a puddle. The water cycle uses the same water over and over again and there is no start or end to the process.

Can we predict the rain?

Clouds can be used to predict how the water will fall back to the ground e.g. as rain, ice, sleet or snow.

BOOKS

Mr Puddlebrush: Lake District Tales of Nature by Jon Buxton

Where Do They Go When It Rains? by Gerda Muller

Rhythm of Rain by Grahame Baker-Smith

Once Upon a Raindrop: The Story of Water by James Carter

A River by Marc Martin

This Beautiful Day by Richard Jackson; illustrated by Suzy Lee

I Don't Like Rain by Sarah Dillard

Float by Daniel Miyares



A SONG TO SING ON:

Rain

I Hear Thunder

I Hear Thunder, I hear thunder, I hear thunder, (cup ears with hands)

Hark don't you? hark don't you? (cup ears with hands)

Pitter patter raindrops, pitter patter raindrops, (flutter fingers downwards)

I'm wet through!

So are you! (shake clothes off, and point)*

Put your coat on,

And your boots on, (mime putting clothes on)

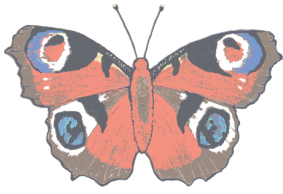
Hurry now! Hurry now! (run on the spot)

Put up your umbrella, put up your umbrella, (put up pretend umbrella)

You're all dry! So am I (point at friend, and then yourself)



GUIDED MEDITATION



Rain

Let your eyes gently close, and let's keep them closed for the whole meditation if that feels comfortable.

Imagine a relaxing, warm, gentle rain fall pitter pattering down over your body. Sometimes rain feels cold, or too fast, or even scary, but today's rain in our meditation is calm, warm, and relaxing.

Imagine that rain is a special color.

Maybe it's a nice clear blue. Maybe it's a warm golden yellow. Or maybe that pitter patter of rain is your favorite color.

Let that pretty rain gently start to pitter patter over your face.

And as you feel that warm rain on your face, you can feel all those little muscles in your face relax and soften.

Feel the pitter patter of raindrops on your shoulders, and letting your shoulders soften. Feel the pitter patter of the rain across your chest, and your stomach, and all the way through to the other side of your body, to your back. Letting the warm rain relax all of those parts. And then let the rain gently pitter patter down your arms, and your hands, and then down the fronts of your legs and the backs of your legs, gently down to your feet. Feeling all those muscles get warm and soft and relaxed.

Go ahead and take your hands, and use your finger tips to gently pitter patter across any other places that need to relax.

Maybe take those fingers and pitter patter across your forehead, or your jaw, or your chin.

Maybe you pitter patter your fingers over your shoulders and up to your neck.

Or maybe you just want to pitter patter your fingers over your heart, or your stomach.

Or all the way up and down your legs.

Letting those little raindrops go anywhere they need, until your whole body feels calm and relaxed.

Take another big breath in through your nose and out through your mouth.

Stretch your arms up and to your sides,

And when your body's ready to wake up again, go ahead and sit all the way back up. Great job.