

# LESSON PLAN

## Theme • My planet

The theme helps to bridge cultural differences, customs and traditions with global societal environmental topics related to the care for the environment and protection of the planet Earth. The purpose of the theme is building a mutual connection of families, groups and nationalities over the topics of ecology, renewable resources and sustainable life. The theme also allows for involving activities to develop intergenerational relationships and learning across generations (care for the garden, forest and nature in both the strict and the broad sense)

## Lesson Planet Activity - Make your own seed bomb

Children will make seed bombs with simple materials. Seed bombs provide critical habitat for pollinators (bees, wasps, moths, butterflies, birds, flies and small mammals, including bats), which is important for the ecosystem

### Lesson focus and goals

Children will learn to protect the environment by preserving and regenerating land ecosystems.

They will learn how to protect endangered species and the importance of biodiversity.

The lesson focuses on Sustainable Development Goals, particularly goal 15, which refers on life on land.

### Materials

- Air dry clay
- Potting soil or compost
- Native/local wildflower seeds
- Water

## Activities

1. Mix together 4 parts clay to 1 part soil.
2. Add your wildflower seeds to the clay mixture. Make sure to use seeds that are native to your area and not invasive. Native plants will grow better than non-native species.
3. Add a little bit of water in the mixture. The consistency should be similar to a dough.
4. Roll the clay into balls. Set them on a tray and let them dry completely. This may take a couple hours or a couple of days.
5. Children can package their seed bombs in small envelopes or bags to gift to friends, neighbors, teachers, or family members
6. Bomb away responsibly. Children can toss seed bombs in bare spots, creating pockets of beauty and habitats for pollinators. Seed bombs enable seeds to be sown in hard-to-reach places and locations where traditional gardening can not be done.  
Alternatively, they can toss their seed bombs into their favorite flower pot or garden plot.

### Tips for specific types of inclusion/handicaps

This activity is considered as a sensory activity or/and messy play. Messy play can help children remain calm, de-stress and divert or engage their focus, as well as provide the sensory experience they need. This will help them engage with their senses, provide feedback to their sensory systems and regulate their sensory needs.

### Tips for parenting support

Parents can engage with children by playing with the ingredients of the seed bombs and get messy. The activity can be supported by parents by asking open-ended questions and subtle actions. For example: 'What can we add to the mixture to make it look/feel like a dough?'

Also, the absorptive qualities of sensory play create a platform for parents in learning about their children's developmental levels, interests, patterns of behaviour and talents.