

LESSON PLAN for volunteers

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

Herb garden

Lesson focus and goals

- Working together across generations
- Connecting families and creating an opportunity to establish mutual contact through a joint meeting
- Gaining basic knowledge about selected herbs

Materials

- grown or dried herbs
- educational cards on different herbs
- tables, tablecloths, mats, blindfolds
- flower pots, soil, rakes and shovels
- seeds or seedlings of herbs

Activities

Volunteers will help the teaching staff to actively reach out to disadvantaged families and present the project and the planned course of the activity to them. They will offer the family cooperation. They will consult the parents about the child's specific needs and provide the necessary tools and spaces so that the child can actively participate in the implementation of the project as best as possible. Children should participate in the preparations and implementation, their ideas, suggestions, and needs should be respected.

Volunteers will accompany disadvantaged families throughout the project implementation.

Tips for specific types of inclusion/handicaps

- If the child has an assistant, familiarize him with the activity plan so that he can be as helpful as possible in its implementation.
- ATTENTION DISORDERS - create a movement station (movement blocks or steppingstones as an obstacle course) in the classroom so that children can interrupt the activity and relax their body by a physical activity.

Tips for parenting support

- Parents can bring treats/refreshments containing the above-mentioned herbs.
- Motivate parents to talk about herbs used in local cuisine or in other countries/cultures (mainly if parents come from different countries).

Technical terms

- DIFFERENT MOTHER TONGUE - applies for children whose native/dominant language is different from the official language of the country
- ATTENTION DISORDERS - children with this disorder tend to be absent-minded, easily distracted. It is difficult for them to distinguish important stimuli from irrelevant ones, they often have difficulty concentrating. Sometimes the attention disorder is also accompanied by hyperactivity, i.e., movement restlessness.

Methodology

- Educational cards must contain a sufficiently large image and little text in capital letters.
- Questions for children should be simple.
- Advise children on safety rules when working with tools to prevent injury.
- Check if any of children is allergic to any of the herbs.
- In the case of work in the classroom, provide cleaning tools - brooms and shovels.
- If children don't want to be blindfolded, do not force them.