

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

Herb garden

Lesson focus and goals

- Understanding the cultivation process from seed to plant
- Working together across generations
- Connecting families and creating an opportunity to establish mutual contact through a joint meeting
- Gaining basic knowledge about selected herbs
- Sensory recognition of the aromas and tastes of herbs

Materials

- a flower bed in the garden or flower pots, soil, rakes and shovels
- tables, tablecloths, mats or trays
- seeds or seedlings of herbs, grown herbs - basil, parsley, rosemary, mint, lemon balm etc.
- bowls with dried herbs
- educational cards specifying name of the herb, picture, how and when it grows, its use
- blindfolds

Activities

Children accompanied by their parents and grandparents will meet in the garden/class. As parents and children gradually arrive, they are divided into groups and in this way gradually pass through the different stations with herbs (eventually with presence of an adult guide). Each station is equipped with a little table, a live herb in a pot, an educational card, a dried herb and a blindfold. First, the children read the learning card. With the help of a guide or parents, they learn basic information about the herb from the card. Afterwards, it is possible to ask the children a few simple questions and check what they remember from the text. Next to the pot with the live herb, there can also be a bowl with the dried herb so that the children can see the difference between the live herb and the dried herb. Then the guide or parent can blindfold the child, pluck a leaf of the herb and give it to the child to touch, smell, or even taste it. Finally, the child can compare the structures, smells and tastes of live and dried herbs. What is the same and what is different?

Finally children, with the help of their parents and grandparents, plant seeds or herb seedlings.

Tips for specific types of inclusion/handicaps

- **DIFFERENT MOTHER TONGUE** - try to arrange for someone to translate for the family, or be nearby to help the family integrate as much as possible.
- **VISUAL DISABILITY** - children may explore herbs by touch, smell and taste
- **PHYSICAL DISABILITY** - adapt the place to meet the specific needs of the child
- **ATTENTION DISORDERS** - familiarize the child's assistant with the activity plan so that he/she can help with its implementation

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).