

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

Planet Activity - Make your own seed bomb

Lesson focus and goals

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

Materials

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

Activities

1. Volunteers will help mix together 4 parts clay to 1 part soil.
2. Add your wildflower seeds to the clay mixture. Volunteers can collect seeds. Native seeds 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. Volunteers will help children 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.

Tips for specific types of inclusion/handicaps

This activity is categorized as a sensory activity and/or messy play. Messy play can have a calming effect on children, helping them to reduce stress and focus their attention, while also providing valuable sensory experiences that can assist with sensory integration and regulation. Engaging with this type of activity can allow children to receive sensory feedback and meet their sensory needs

Tips for parenting support

1. Choose a suitable outdoor area: Pick a location that is suitable for planting, such as a garden, park or any other designated green space.
2. Enjoy the process: Encourage children to enjoy the process of making the seed bombs and teach them the importance of taking care of the environment.

Technical terms

Seed bombing is a technique used in ecological restoration and landscape architecture, where seeds are mixed with a binding material and then dispersed in targeted areas to help restore vegetation and improve biodiversity. It is a low-cost and environmentally friendly way to promote reforestation and combat soil erosion.

Methodology

Seed bombing can be part of various pedagogical methods, such as experiential learning, project-based learning, and place-based education. It provides a hands-on, practical experience for learners to understand ecological principles and the importance of biodiversity conservation.