

# Outdoor Learning Choice Board Walton 2020

Level of Support

Learning Opportunities

Green = by themselves

## Zones of Regulation Mindful Listening



- open your window or sit in your garden
- listen to everything you hear in nature
- draw and write about what you hear.

Thanks SD43 and The "Thrive at Home" Newsletter!  
Do you have a nature "sit spot"?



Could you try writing your journal outside?

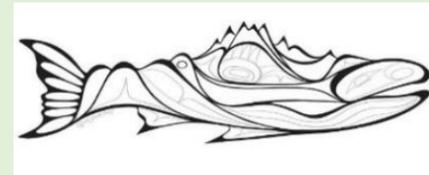
Topic : Where is your favourite place to wak in nature?

- Describe using your 5 senses to share (see, touch, feel, hear and taste)
- Why do you love to go on nature walks?
- Remember to start your Journal with a sentence that hooks your reader
- Give three reasons and include an ending
- Sentences start with a capital and end with a period

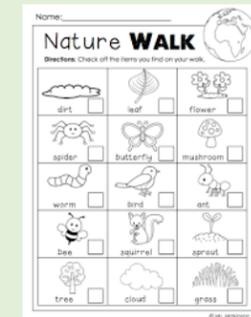
Salmon  
First Peoples Artist  
Michelle Stoney  
shares her art with us:

[Click here](#)

to see a copy. Can you try to draw a salmon like Michelle did?



Nature Walk Scavenger Hunt  
Try to find these items! [Click Here](#)



Blue = with some support at times

Listen to the book,  
[Trudy's Healing Stone](#)

And try some  
Owl Rock painting



## Infographics Outdoors!



Ask a big idea! Be outside! Use paper, pencil, crayons and beyond! Ask students to think 'comic book!' and write and draw the answer. Share this example (one of my favourites!) and watch the learning happen!

What is Imaginitve Ed? (CIRCE) By artist Corrina Keeling

Metro Vancouver and Dream Rider Productions  
Presents....

**Planet Protector Academy!**  
Learning about Water conservation and more!



Salmon  
Did you know? The salmon fry in the lower mainland would be "leaving home" during festivals in creeks during the month of May?

Check out the  
[Hoy/Scott Watershed Society](#)

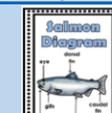


And think ways you can celebrate the salmon leaving home, while at home!

Click on the link to learn something new about salmon. [Types of Salmon](#)

Draw a picture of a salmon and use the link to label the parts.

[parts of a salmon](#)



**Yellow = with support/ a person to play with**

**Weekly "Look What I Did!"  
Square  
Nature Number Fun**



Source for the 4 activities below:  
Liz McCaw  
@LizMcCaw1

Try 1 or Try all 4!  
Take a picture or video and post it to your FreshGrade student app!  
[Nature Math Games](#)

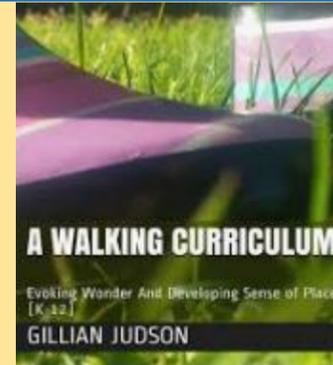


**NEEF Children & Nature**  
Being active in nature makes kids healthier.

- Children living within a 1/2 mile of a park are more likely to have higher levels of physical activity.
- There are more than 20,000 parks and 11,000 playgrounds—totaling over 1.5 million acres—in cities across the U.S.
- Exposure to nature can reduce stress levels by as much as 28% in children.
- Children living within 2 1/2 miles of a park with a playground can be 5 times more likely to have a healthy weight.
- Even a 20-minute walk in nature can help children with attention deficit/hyperactivity disorder (ADHD) concentrate better.
- Time spent outdoors is predictive of higher levels of physical activity in children.
- Children have lost 25% of playtime and 50% of unstructured outdoor activity over recent decades.
- Parents, friends and family are the most influential to youth participation in outdoor activities.
- Kids spend more than 7 hours a day with various electronic media.
- AAP recommends children be physically active for at least 60 minutes throughout a day and limit time with electronic media to 2 hours per day.

[NEEF](#)  
offers amazing and simple resources outdoors  
K-12!  
[AT Home](#)  
[At school tool kit](#)

**Gillian Judson's walking curriculum. Sample Walks!**



**Want more?**  
**Gillian Judson's walking curriculum (Math)**  
1-Shape Walk! How many shapes can you find? Make a list! Draw them! Label them!  
2-Pattern Walk! How many patterns can you find in nature? Draw them! Label them!  
3Go on a nature walk and notice something that represents each colour of the rainbow (ROYGBIV).

**Megan Zeni!**



**Phenomenal Outdoor Educator out of Richmond SD!**

[Has her OWN Outdoor Learning choice boards with a TON more ideas that are simple, curricularly supported, and tested!](#)

# Walton's very own Ms. Stefanie, made our community some educational videos featuring Walton's garden program: And she's making more! Stay tuned!

Visit Your Walton Garden! Our seeds have sprouted!

[Click here](#) to watch Ms. Stefanie's Seedling Video

#### Gardening Video Extension:

What do plants need to grow? Can you name 5 things that Stefanie tells us? How come the seeds we planted inside grew 5 times larger than the ones planted outside?



Visit Your Walton Garden! What's Growing now?

[Click here](#) to watch Ms. Stefanie's Garden Video



Visit Your Walton Garden! A Garden on a Plate!

[Click here](#) to watch Ms. Stefanie's Garden on a plate Video



Here are the instructions to make your own!

[How to make a garden on a plate!](#)