



4TH GRADE



PRIMARY SCHOOL OF KALLIANOI

OUR DAYS

OUTSIDE...





WERE GREAT!



We chose to be outdoors three days in a row! That's definitely more than we usually do! Learning outdoors is extremely beneficial not only for pre-schoolers, but also for older kids, too.

We talked about **deep breathing** -inhaling and exhaling- and mentioned the fact that as people grow older, they tend to forget how to breathe in a calm and deeper way. So everyday, before engaging with the project of the day, we would be out in our schoolyard and practise our breathing.

During our first day out, we closed our eyes and tried to **listen to different kind of sounds around us** (birds, voices, music, cars). Then, we noticed and described all the **things that we can see around us**, but we never really talk about, like the mountains and the trees opposite our school. The aim of the followed activity was to encourage children to **perceive nature as a source of creativity and inspiration for art**. Children working in groups were invited to create a "land art" of a specific given snapshot using materials by the nature around them. They tried really hard for their crafts and were very proud of them in the end!

Our second day outdoors continued in the same way. We sat comfortably and took deep breaths! It was time to **practise our motor skills and imagination!** It was time for some yoga poses! Our English teacher introduced us with the names of some animals

of the jungle and children tried to find the word in their mother tongue (Greek). They all felt confident enough to try every pose and they surely did a great job!

During our last day, we decided to use a tool that we don't usually do, because we all prefer the GPS in our phones! After our usual breathing exercise, we stood in the middle of our schoolyard and **used a compass to find the four main cardinal points**. Using colourful chalks, we marked the north, the south, the west and the east side of the schoolyard and talked about the location of things around us, like the position of classrooms and offices. **Another piece of art** was the perfect way to complete our program. This time we would use watercolors, but not a paintbrush! Our hands and physical materials of our choice, like rocks and leaves, would do the job!

We have had such a wonderful time!