

Habitat

Session 1

TIME

90 min.
including
break



Art of learning

THEME
20



WARM-UP: RHYTHMIC COUNTING

This will happen:	Rhythmic counting with clapping, rhythm 1+2 (+3).
Materials needed:	
Preparations in advance:	Practise the rhythms so they are committed to memory (see film in resources).
Preparations in the space:	
The space looks like this:	Outdoors, where the activities will take place.

GUIDANCE:
 Students stand (or sit on benches/chairs) and they pat their own thighs with their hands.
 The adult introduces a rhythm with 8 beats, where the 8th beat is silent (hands up style “hands up”). The students repeat this.
 Repeat each rhythm at least 4 times before introducing another.
 Session 1: Use rhythm 1 + 2 (+3), to develop the students’ confidence. Add difficulty when the students are ready for it (but don’t leave it too long – it needs to be hard fun!)
 Rhythm 1: X X X X X X X – (pat thighs x 7, hands up (quietly) on 8)
 Rhythm 2: X * X * X * X – (pat thighs, clap hands every other time x 7, hands up (quietly) on 8)
 (Rhythm 3: X *= X *= X – (pat thighs, clap hands, click fingers, 3 times x 7, hands up (quietly) on 8))
 Increased difficulty: increase the tempo.
 Increased difficulty: cannon (see warm-up in Theme 13): Divide the group into 2, do the rhythm in order but with each group starting in a different place.

PHOTO REFLECTION: PROUD OF OR LEARNED

This will happen:	The students take a photo of something they are proud of or have learned today. They share their photo and a sentence about it in the reflection (or in their group).
Materials needed:	Digital tablet or camera, one for each group (students to share). Alternatively, a cardboard picture frame which students use to take a mental picture (See T2001 in resource bank).
Preparations in advance:	Check the digital tablets can withstand cold temperatures (in some climates). Alternatively, make cardboard picture frames (See T2001 in resource bank) to take mental pictures.
Preparations in the space:	
The space looks like this:	Outside (but the session finishes inside).

GUIDANCE:

- Working in groups or in pairs, each student should take a photo from today’s session of something they are proud of, have learned today or that they will remember after today. Give them time to think.
- When they are ready, the students use a digital tablet, camera, or a cut-out cardboard picture frame to take a mental picture.
- When all the students have completed the task, everyone gathers (either in groups or the whole class) to share their photos and a sentence about what they took and why.

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MAIN ACTIVITY: BUILDING YOUR OWN SHELTER, PART 1

This will happen:	Outdoors. The students build their own shelter in nature in the local area.
Materials needed:	Whittling knives (blunt knives cause the most serious injury), thin, strong hemp rope, small first aid kit including plasters in case of minor injuries. A camera to document the processes.
Preparations in advance:	Find a suitable outdoor area, learn how to do angle lashing (see T2001 in resource bank), learn whittling rules; whittling materials/tools and rules (resource bank).
Preparations in the space:	
The space looks like this:	Outdoors, in nature in the immediate area.
GUIDANCE:	
<ul style="list-style-type: none">• Provide the students with an introduction to the rules in nature (treating it with respect, leaving it tidy, which branches they can cut, how far they can go, cooperation, knife rules). Hand out the equipment.• Divide the students into small groups and allocate each group an area to build in or let them choose.	<ul style="list-style-type: none">• The groups will work to create a shelter or place that would allow them to survive outdoors on a cold night. Ideally, they create a hiding place for all their group. Alternatively, it can be made for just one person, or for an animal, if you want/need to make it on a smaller scale.• Practise nailing, angle lashing branches to each other with hemp rope when necessary (see resource bank).

NOTES