

Lesson Plan

Introduction: When we were kids, we used to play outdoors all vacation. Recently I read this article: <http://www.culturalindia.net/indian-crafts/clay-toys.html> and felt that we should introduce this to children now.

Rather than play-doh, we can use clay that is safe and helps children connect to nature.



Objective: Using natural materials and playing outdoors contribute to a child's physical and emotional well being.

Time: 60 minutes + 40 minutes (2nd session for painting)

Classes / Grades: 4, 5 & 6

Materials Required: Clay, paints (made from natural colours), newspaper, waste cloth, cup to fill water

Activity:

- a) Let students spread the newspaper on the ground
- b) Next, ask them to place the clay on the newspaper.

- c) The clay has to be kneaded by adding water little by little till it feels like play doh
- d) Let the kids make shapes/toys
- e) The clay toys have to dry in the sun
- f) The toys can be painted in the next session

Extension of the activity

There are other ways of playing with soil as part of the creative-play – fun – outdoors. :

- a) Making buildings with steps
- b) Making small kitchen vessels “chhoppu” as we called it
- c) Having children play in sand, safe rivers or streams,
- d) Making paper boats in the rain
- e) Children can be encouraged to use pebbles, twigs, dry leaves to play.

These small activities open up their senses to nature and the wonders of nature.

Resources for more ideas

- 1) <https://fun-a-day.com/playing-learning-with-natural-materials/>
- 2) <https://www.fantasticfunandlearning.com/10-ideas-for-creating-with-natural-materials.html>
- 3) <https://buggyandbuddy.com/creating-natural-materials-discover-explore/>
- 4) <https://rhythmsofplay.com/natural-materials-for-pretend-play/>