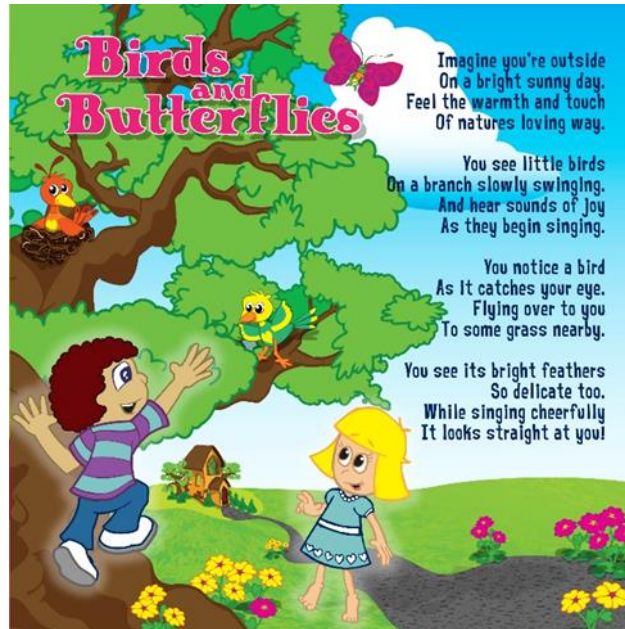


# Birds and Butterflies Story

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Story Theme: "I appreciate nature."



- Ask the children to find the hidden hearts in this story.

Children are encouraged to respect, experience and appreciate the gifts of nature. They also link their kind and caring attitudes towards nature and pets with their kind and caring attitudes towards one another.

## **Be a Bird or Butterfly Activity:**

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Encourage the children to explore the diversity of the animal kingdom.

Ask the children to imagine being different animals.

- **Show me how you think this animal moved or walked around?**
- **What do you think this animal sounds like?**
- **How is this animal different from other animals?**
- **How is this animal the same as other animals?**
- **Explore different species of fish, insects, dogs, cats, and birds.**
- **Watch documentaries with children that explore fish, dolphins, whales, and animals from around the world.**

Pictures of animals and birds in nature and fish in the sea.



## Share Your Inner Beauty Activity:

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The Japanese Black Walnut has three different shapes on the outside. Sometimes when it is opened, there is a heart shape hiding on the inside.



Take notice of this abalone shell. The beautiful colors of the shell are hidden under the sandy outside covering.



- We all have so much goodness, worthiness and beauty inside, however, there are times it seems to be hidden from our awareness.

# I Appreciate Nature Activity:

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Parents, teachers and caregivers are encouraged to go on nature walks with the children and observe the sights, sounds and smells.

Ask the children:

- How do you feel when you are out in nature?

Going for a walk in nature with children is a great way to live in the moment and to feel good inside.



- Nature has a way of reminding us to love and appreciate one another.

## Discovering our Interconnected World:

As children explore nature, they can discover we live in an interconnected world.

We all have a very special connection with plants and trees.

- We breathe in oxygen and breathe out carbon dioxide, while plants and trees absorb carbon dioxide and release oxygen into the air we breathe.
- Plants keep the air that we breathe fresh and clean.



Check out the beautiful trees and plants that have heart shaped leaves. You may even find some heart shaped rocks along the pathway.



- Nature is filled with so many different messages helping us to see our interconnectedness.



The soil, rain and sun help plants grow, which in turn provide grains and berries for animals and all of us to eat.



This plant and seashell have the same spiral. Nature is constantly nudging us to look deeper for there is so much more to learn.





Look at the five petals on this flower and the five arms of the starfish. A star is also imprinted on the sand dollar.



The plants and seashells encourage us to look up and see the stars in the sky at night.

## Respecting Bugs & Beetles Activity:

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Children are encouraged to observe bugs, beetles, bees and snails as children experience nature while appreciating and respecting their miniature world.



Honeybees help to naturally pollinate fruit trees and farmers' crops so that we have lots of food to eat.

There are many farmers that use ladybugs and birds to naturally stop other insects from eating their crops before they are harvested.

## **Pet Activity:**

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Think of the pets that you or your friends have that give their love freely.



- **Puppies wag their tails and give kisses whenever they see their owner.**
- **Puppies love us unconditionally.**
- **Puppies love to play and sometimes even chase their tails.**

- Kittens love to be petted and they purr when they are hugged.



- Kittens are so cute and share lots of fun moments.

- **Kittens and puppies can keep you laughing for hours.**



- **Pet owners are given lots of opportunities to care for their pets as they take part in establishing various routines.**



- **As children take care of their pet by walking, feeding, cleaning, and playing with them; they are learning to create a trusting relationship.**

- Dog owners discover they are constantly meeting and connecting with other dogs, and their owners, on their daily walks.
- Just petting your dog or cat can feel soothing and bring about happy feelings.
- Dogs and cats offer companionship to help release feelings of loneliness, stress or anxiety.

