

Learning for a Sustainable Future

LEARNING



INSIDE



OUT



Educator-reviewed

**K-3
RESOURCES**

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Learning Inside Out Activities for Grades K-4

Title	Theme	Grade Level	Activity Type	Description/Links
1. First Blooms Calendar	Step Outside: Spring Awakenings	K-3	Outdoor Activity	In your back yard or around the neighbourhood, you may have noticed some early growth from planted bulbs such as crocuses and snow drops , and 'weeds' like Birdseye Speedwell . Track these signs of spring with a First Blooms Calendar! Your young scientists will practice their observation skills, learn more about plants, and flex their creativity. For activity instructions, click here
2. Thomas and Friends: All Aboard for Global Goals	UN SDGs: Intro to the Sustainable Development Goals	K-2	Video	Thomas and Friends partnered with the United Nations to help teach young students and their families about the Global Goals and inspire meaningful conversations within families about these important topics. This resource highlights six of the Goals with short, fun videos to educate young learners, and it is accompanied by a Parent Guide that includes conversation starters and playful learning opportunities.
3. Mystery of the Missing Hummingbirds	Step Outside: Bird Alert	K-4	Book	Read the story <i>The Mystery of the Missing Hummingbirds</i> (available in PDF or ePub format) to learn more about these fascinating little birds and about how to conduct a scientific investigation into the natural world. Follow up <ul style="list-style-type: none"> • Grades K-1: check out these 2 fun colouring pages: A B • Grades 2-4: try the Honing In On Hummingbirds activity
3. Building Bird Feeders with Recycled Materials	Step Outside: Bird Alert	K-2	Hands-On Activity	Help out our feathered friends with this crafty activity using recycled materials! This is a great opportunity for older kids (or parents) to help out younger ones with cutting and assembling. The resource also includes an appendix of common Canadian birds! <ul style="list-style-type: none"> ○ See activity instructions here
3. Happy Feet II	Step Outside: Bird Alert	K-2	Hands-On Activity	These activities are all about penguins, inspired by the film Happy Feet 2. The movie is available on Netflix to watch before you begin, but watching the movie is completely optional —we have chosen activities that will work whether or not your kids have seen the film.

				<p>Activities include:</p> <ul style="list-style-type: none"> • Game: What Makes a Penguin a Bird? • Craft: Feet Are Neat • Research: What I Know About Antarctica • Extras: Ideas for Action, Fun Facts, and more! <p style="text-align: center;">See activity instructions here.</p>
4. Earth Day Videos	UN SDGs: Earth Week! SDG 13 - Climate Action	All Grades	Video	<p>Celebrate Earth Day with these short and fun videos for all age levels that will demonstrate the importance of this global celebration and show students how they can make a difference!</p> <ul style="list-style-type: none"> • K-2: What Does Recycle Mean? • 3-6: Earth: We're In It Together • 7-12: A Wonderful World
4. Stay Connected to Nature	UN SDGs: Earth Week! SDG 13 - Climate Action	K-2	Outdoor Activity	<p>These activities connect our youngest learners to the natural world. Each activity allows kids to experience nature in their own backyard, or even from inside their home. The only materials you will need are: access to a window or any outdoor space, writing utensils and something to take photos with!</p> <p>There is one activity for each day of the week, plus some additional puzzles/games you can do with your kids:</p> <ul style="list-style-type: none"> • Nature Bingo • Colour Scavenger Hunt with pictures • Colour Scavenger Hunt with Words.
5. Needs vs. Wants	UN SDGs: SDG 12 - Responsible Consumption & Production	K-3	Hands-On Activity	<p>In this activity, students distinguish between needs and wants, identify necessities shared by all people and explore how consumption influences their personal happiness.</p> <p>Students will engage in several sorting activities, discuss questions, and view a video called "Happiness" that addresses the question of whether acquiring material goods really make us happy!</p> <p>For activity instructions, click here</p>
5. Reduce Reuse Recycle	UN SDGs: SDG 12 - Responsible Consumption & Production	2-4	Hands-On Activity	<p>Students learn about natural resources, how their own behaviors impact resource availability and why conserving natural resources is important.</p> <p>This activity works as a stand-alone resource, but it can also act as a great follow up to Needs vs. Wants (see above), so feel free to do those activities first if you have time!</p>

				For activity instructions, click here
6. Waiting for Wings	Step Outside: Decoding Loon Language	K-2	Book	<p>This storybook takes the young reader through the life stages of a butterfly from egg to adult, then follows the insects as they look for the flowers that provide the nectar they need for food.</p> <p>You can listen to the book being read aloud here</p> <p>After reading the book, discuss these questions:</p> <ul style="list-style-type: none"> • Where do the butterflies hide their eggs? • What hatches from the eggs? What do the caterpillars do when they first hatch? • Describe what the caterpillars do to change into butterflies. • What do the butterflies eat? How do they find the flowers? How do they get nectar from flowers? • What do the butterflies do at the end? • Explain why this is a good example of a life cycle. <p>Activities</p> <ul style="list-style-type: none"> • Complete the butterfly life cycle diagram (last page of the PDF) • Try this butterfly craft! • If you can do so safely, step outside and try to spot caterpillars or butterflies in your neighbourhood!
6. Butterfly Life Cycle	Step Outside: Decoding Loon Language	2-4	Hands-On Activity	<p>Learn more about the butterfly life cycle through egg, caterpillar, chrysalis and adult insect with this activity.</p> <p>You'll identify each stage and the threats they face, and you'll learn about the magic of butterfly migrations.</p> <p>See activity instructions here</p>
7. A Tree is Nice	UN SDGs: SDG 15 - Life on Land	K-3	Book	<p>Inspired by the book "A Tree is Nice" by Janice May Udry, this resource engages students in learning about the special characteristics of trees that makes them so important to both humans and the environment. With an emphasis on taking students outside to explore trees in their natural habitat the activities also reinforce the concept that all of us can and should be "tree stewards."</p> <p>For activity instructions, click here</p>
8. Budburst Buddies	Step Outside: International Day for	K-3	Outdoor Activity	<p>Follow the story of Lily and Sage as they learn what stories plants can tell from making observations about what plant parts they can see. Then, use the</p>

	Biological Diversity			<p>observation sheets to go outside and make your own observations to become a Budburst Buddy. This is the perfect time of year to watch things grow!</p> <p>First, read the story .</p> <p>Then use the Plant Report templates to learn your own plant's story!</p>
9. Going Green with D-Rop Energy	UN SDGs: SDG 7 - Affordable and Clean Energy	K-2	Video	<p>The character, D-rop, is an imaginary water droplet who cares about the environment and provides an engaging lesson about energy types and the importance of conservation. In an era in which we often take electricity for granted, this video explains the many benefits of being energy wise and why we should all be more thoughtful about "turning off."</p> <ul style="list-style-type: none"> • Watch the video • Complete these follow up activities: • Draw a picture showing three things you can do for fun that use no electricity at all • Create a drawing of your family as "energy heroes" making wise energy choices at home. • Make "Turn off" signs for the light switches in your home
10. The Shape of Things	Step Outside: Canadian Environment Week	K-2	Outdoor Activity	<p>Who says you can't learn math outside? This inventive activity uses outdoor play to develop spatial sense as kids compare and contrast the shapes of natural objects.</p> <p>Check out the activity here.</p> <p>For an extra outdoor activity, try Dandelion: A Yellow Sign of Spring.</p>
11. A Whale's Tale	UN SDG's: SDG 14 - Life Below Water	K-3	Video	<p>The short video "A Whale's Tale" and its companion lesson plan will teach the students that even the smallest creatures can make a difference when working together to combat plastics in the ocean.</p> <ol style="list-style-type: none"> 1. Watch the video 2. Complete these follow up activities
12. Micro-Hiking	Step Outside: Early June	K-3	Outdoor Activity	<p>Micro-hiking invites students to go on an outdoors 'mini hike' and explore a very small (one metre!) habitat through the eyes of a mini-person of their choice. This is a great way to see the world and your immediate environment through a different (tiny) lens!</p>

				<p>This mini-person can be as simple as a stick figure made of toothpicks but should be no larger than a finger.</p> <p>Find the activity instructions here.</p>
<p>13. Storytelling</p>	<p>Hot Topic: National Indigenous Peoples Day</p>	<p>K-3</p>	<p>Hands-On Activity</p>	<p>This primary resource is the first in a series of four classroom guides about First Nations people in Canada. The resource is organized in thematic units, each with its own teaching activities. The themes include: Storytelling, The Seasons, Sharing, Colours, Games and National Indigenous Peoples Day. Through the activities and projects, students learn about and understand the importance of each theme for the First Nations people.</p> <p>Find the activity instructions here!</p>