

TOOLKIT FOR REGISTERED PARTICIPANTS

TAKE ME OUT WEEK





WELCOME!

DEAR KINDERGARTEN TEAM,
Welcome to the take me out week!

We are truly glad that you decided to join the group of many kindergartens from different countries, with thousands of children and hundreds of teachers, who will spend outside each day this week!!

Please, try to take children outside each day, more than you usually do, so that they can fully enjoy all the opportunities that outdoors can bring!

Enjoy this experience with them, and let us know about it!

If you take pictures or videos during your week outside and will want to share them, we will be more than happy!

Just please make sure you have permission from parents to do so!
You can find a sample permission form below in this document.



You can share the pictures or vides directly in a take me out fb group:

<https://www.facebook.com/groups/123299678368986>

Or you can email them to us and we share them for you/on fb group and on a project website <https://takemeoutproject.eu>

At the end of the week we will ask you to fill in short feedback form, that

Thank you in advance for providing your feedback!



Welcome to the take me out week -
we are glad you are outside with us.

INFORMATION FOR PARENTS, PARENTS' CONSENT

Before you join the activities of TAKE ME OUT WEEK, we recommend you to inform the parents of children about it. At the same time, you can ask them for permission to take pictures outside with children. You can get inspiration from or use the text below:

INFORMATION FOR PARENTS:

We would like to inform you, that during the week ofMay/November our school and your child will be participating in TAKE ME OUT WEEK. TMO WEEK is the international campaign promoting the use of the outdoor environment in the early years so that children can gain all the benefits that outdoors and nature bring. During the week, each day, we will spend time outside with children and enjoy the outdoor environment that is great for learning and play. We believe that during this week your child's immune system will be boosted, appetite risen, sleep gets deeper, motivation to go to school will be supported, creativity awakened and natural learning be strengthened. To enable your child getting all these benefits, we kindly ask you to bring older clothes that will make both child and you more comfortable experience. It is possible, that your child gets muddy or dirty. We will try to spend outside longer time than we usually do, every day, in all kinds of weather, except the extreme conditions. If going on a longer trip, we will inform you a day before to pack extra snack or water bottle. Otherwise child will be provided all the meals and snacks in a setting as usual.

During the week, we would also like to take some pictures or make short videos from our activities and would like to share them with the other schools joining the TAKE ME OUT WEEK, as it is a global event. To be able to do this, we kindly ask you for your permission to do so. In a case you don't agree with your child to be on the pictures, please, inform us.

We believe the longer stay outdoors each day boosts the immune system, joy and happiness of the children. Should you have any questions or worries, please do not hesitate to talk to your class teacher.

If you have some spare time during the week, you are welcome to join us!

Thank you for supporting your child in enjoying the outdoor time!

In.....on.....2022

Teachers' signature

Parents' signature

IDEAS FOR ACTIVITIES

WHAT CAN YOU DO OUTSIDE
DURING THE TAKE ME OUT WEEK?

Anything!

1. **Make a full day project**, for each day of the week, or do a **full week project**.
2. **Explore and learn about the trees** - explore your area and find out, what kind of trees you have in your surroundings. Collect the leaves, sticks, bark, find out the similarities, differences, compare, observe the details, living condition of a tree, measure height, width, find the tallest, smallest, do nature arts from collected items, read a story, play a drama, sing a song, paint, dress up like a tree, create a story, dance, explore what lives on a tree. Create little forest from the nature items, play in a small world. Do we need trees? Why? What happens if there are no trees?
3. **Explore and learn about the flowers** - similarly search for, observe, count, measure, paint, collect herbs, make tea out of them, cook and bake using flowers for decoration, create a sand cakes decorated by the flowers, search for bees, are there bees? Create, paint a draw, model, do a treasure hunt searching for different colours, shapes, create pair games,....name the flowers that grow in your area....who remembers the most of them? Do we need flowers? Why? What happens if there are no flowers?
4. **Explore and learn about the air** - close your eyes and breathe in and out, what do we breathe? What can we „feel“ in the air? Why do we need air, how is it produced? What cleans the air and what pollutes? Draw, paint, read, dance, run in the wind, roleplay...

5. Explore and learn about the sky - observe, watch the clouds, read, paint, draw, learn about the clouds - how they happen? Are all the same? Watch the morning sky, lunch sky, evening/night sky...can you see the stars from your place? Why, or why not? Paint, sing a song, read a story....

6. Explore and learn about the water - what do you know about water? Where can you find the water? What can it look like? Does it have any colour? Does it taste differently? Why is it necessary in nature? Can we live without water? Where does it come from? Where does it go? What happens, if there isn't any water? What can we do to keep the water in the country? How does it feel to be in the water, under the shower, in the sea, in the pool? In a snow? In a rain? What happens if flower doesn't have enough water? And an animal? And we?

7. Explore and learn about the soil - what colour does it have? What texture? What scent? Why is it so? What does live in a soil? How soils becomes soil? Do we need soil? Does it look the same in different places? Why is it so? Create small town in the soil for bugs, paint, draw, do the land arts, read a story....

8. Explore and learn about the bugs - search for bugs, generate questions about them, search for the answers, explore, create, read a story, act a story, create bugs hotel....What do bugs need to feel welcome in your ground? Are bugs necessary? Why?

9. Explore and learn about the wild animals - Are there any in your area? What do you know about them? Are they necessary in nature? What can we do to help them? Read a story, sing a song, roleplay, dance...

10. Do outdoor cooking day - what can you cook outside? What ingredients to you need?

11. Den building - what can you build den from? Will you read in the den? Or create a birdwatching station? Or a snowhouse?



12. Treasure hunt - let older children prepare a treasure hunt for the children from the younger class!

13. Sports day - what sports can you do outside? What sports do people usually do in your surroundings? Are sports and physical movement important? Why? Can you do olympic disciplines on your school yard? Read a story, do roleplay, do the arts, dance, and run, do sports!

14. Dance day - do all the countries have the same dances, or do traditional dances differ? Do you like dancing? Can you dance to any music? Can you create a dance together? If you split in groups and dance to the same music, will it be the same? Or can any group create a different dance? Can you dance all day? In between dancing, have a snack, read a story, listen to music while laying down and relaxing....

15. Music day - listen, play the instruments, make the instruments, listen to different sounds, guess what instrument is it...how is it produced? How music differs? Does nature produce music/sounds, too? What can you paint or draw while listening to music? Can you together choose your favourite music for the week outside?

16. Story day - reading, roleplay, drawing and arts, cosy corner...

17. Picnic day - prepare some healthy snacks together, drinks, games that you can play, bring blankets and enjoy a day outside

18. Rainy day - do you know how does it feel to have rain on your face? Can you find a biggest puddle? Can you catch the rain? Is rain useful? How can we use the water from the rain? Do animals, soil and, plants, flowers need it? Do we want it to run away, to the river, and the sea, or do we want it to stay in the ground? Why is it important? Will it rain if there isn't any water left in the ground? Where does rain come from? How do you dress on rainy day, what do you need to feel comfortable outside on a rainy day? Can you measure how much rain comes during the day/week? Listen to the sounds of rain...how does it make you feel? Can you sing and dance in a rain? Can you make little river for boats in your sandpit?

19. What job is it? - Roleplay and guess, learn about different professions. Read a story, draw, create.....Outside!

20. What bird is it? - learn, explore, observe, read, listen to, count, roleplay, build a nest, feeder, paper cut, draw, paint,what do you know about concrete bird and birds in general?

21. What country is it? - listen to national song/music, read a story, learn the flags, what do you know about this country? How is it different from yours? Are people the same? What do they eat? What traditions they have? Where would they take you for sightseeing? How would you greet each other? How would you talk? Where would you take them in your town? Do you think they would like it? What would you give them to eat? Roleplay!

22. Mindfulness day - observe calmly, in quiet, in every detail....your friend, flower, ant, toy,what can you notice? How does it make you feel?

23. Friendship day/week - draw a name of a friend and take care of him/her all the day/week, helping, noticing, how he/she is, sharing what you have with this person, preparing little present, telling/or drawing what you like about the person - make a tree of kindness about each child in a group - while all the other children post a positive statement/picture of why they like the child....

24. Curriculum day - just take any activity that you needed to do according to your curriculum or school plan and that you would do anyhow inside - just do it outside!

25. Become a little journalists - let children prepare information about themselves, guide through your school or schoolgrounds and report about TAKE ME OUT WEEK. Prepare the short video to show the other children from other countries, how do you enjoy the outdoors :)



Please, take the above list as an inspiration only, not a must! You can do anything outside that comes to your mind and that children enjoy!

The most important is to take them out!

For inspiration, please see also our SAMPLE DAY OUTSIDE plan that you can find in English here:

https://takemeoutproject.eu/wp-content/uploads/2022/05/A-SAMPLE-DAY-OUTSIDE_EN.pdf

ENJOY YOUR WEEK!

For basic training about the daily use of the outdoor approach please see our free training modules, activity ideas, Handbook, Standards, or Guide for Parents on our websites:

<https://takemeoutproject.eu>

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Language proof: this material has not been language proofed

The output is part of the project Erasmus+ č. 2019-1-SK01-KA201-060775 titled Taking learning outdoors - supporting the skills of pre-school managers in outdoor education and care - TAKE ME OUT II. - Happy childhood happens outside - STEP HIGHER. The presented opinions are the views of the TAKE ME OUT II project partnership and do not have to express the opinions of the EU.

Issued by INAK, oz, Kremnica, 2022

TAKE ME OUT



DANISH NATURE APPROACH
DNA

STRM ŽIVOTA

JAN EVANGELISTA PURKYNĚ UNIVERSITY IN ÚSTÍ NAD LABEM



Co-funded by the
Erasmus+ Programme
of the European Union

