

The Kinship Programme

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Feature lesson: sunrise beach yoga

Make a River

Lesson Aim: Sensory play and sense making.

Materials:

- Tinfoil
- Water
- Small animal and tree toys
- River cards
- Art supplies
- Paddles
- Life jackets
- String

Step by Step guidelines:

1.Begin the session at Blue Lagoon carpark and walk the children to the beach. Present the river cards2.Task them to build a giant river with tinfoil etc3.Allow them to play with it

Questions for higher order thinking: 1.Why do people live close to the river? 2.Why are rivers important for life? 3.How does waste get into a river?

Follow-up activities:

- potion making
- predators track prey









Waste awareness

Lesson Aim:

Promote an awareness about waste and an mindset that we can fix the problem

Materials:

- Art supplies
- Big poster board
- Bin Bags
- Gloves
- Tell children to wear gum boots
- Sanitiser

Step by Step guidelines:

1. The crux of this session lies in the children initiating the cleaning. Start by taking the children on a walk through an extremely waste riddled area. Perhaps drop comments about how much waste there is and lead them until there is a desire for them to pick it up. Say: Ah, I think I might actually have some bin bags in my car. Should we go look?

2.Equip the children with bin bags and gloves and allow them to clean the environment. 3.Another cool way to run this session is as "paddle clean". At Blue Lagoon we have a waste riddled bank opposite the canoe club. At low tide one can paddle across the river, hop out of the kayak and collect waste that the adults then paddle out. If you opt to run the session like this then please make sure you have enough adult supervision and help. Also make sure children are wearing gum boots. 4.Be very aware of needles and other items that are present in our waste (condoms etc). Afterwards take the children to wash down somewhere and then invite them to make a waste awareness poster if they would like to.

