



Seed Pod Playschool



- Learning the routine
- Making friends
- Meeting animals
- What are hands for?
- Fall harvest- apples, corn, pumpkins, and seeds
- Leaves and colors of fall
- Equinox, Halloween, and Harvest Celebration
- Indigenous cultures
- Gifts from trees- evergreens and deciduous, sticks, pinecones and acorns
- Befriend a tree
- Hibernating insects
- Lichen
- Shapes and alphanumeric characters

Fall



...and more!





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Winter

- solstice
- Snow
- Animal Tracks
- Ice, water, and steam
- Shadows and light
- Birds and the Great Backyard Bird Count
- Lunar New Year and the moon
- Valentine's Day
- Collecting and sorting firewood
- Maple sugaring



..and more!





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Spring

- Equinox
- Gardening, compost, and worms
- Flowers and pollinators
- Foraging and dandelion honey
- Caterpillars, moths, and butterflies
- Ants
- Mud
- Moss
- The five senses and scavenger hunts
- Poetry

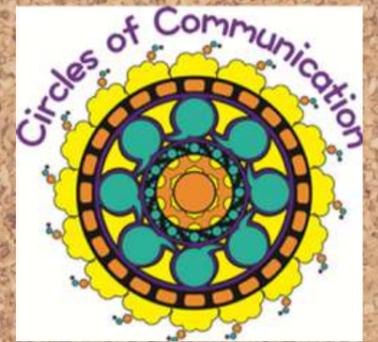


...and more!





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What do we gain?

- Social-Emotional skills by making friends, mindful breath and yoga, and learning gentle touch and how to interact with others through modeling and social stories
 - Independence and Confidence by learning the routine, how to use backpacks and what's inside, how to ask for help from teachers and peers, and safe risky play
 - Resilience and Flexibility in learning to enjoy nature and the outdoors in all weather, and how our gear helps us stay warm and dry
 - Sensory input by playing with mud, water, and natural materials, occasionally allowing barefootedness to strengthen proprioception
 - Stewardship and Connection to nature and the land through gardening and cooking, hiking, exploring, observing, animal care, and seasonal observances and celebrations
 - Community, a Sense of Self, and Belonging
 - Cognitive skills through problem solving, constructing, and trial and error
 - Early Literacy and Language skills through songs, books, mark-making, tracing, and letters
 - Early Math concepts by sorting, music, shapes, patterns, and numbers
 - Observational Skills through searching, tracking, matching, and identifying
 - Creative Expression through art, music, dance, and dramatic play
 - Early interest in science and nature through observations, experiments, and connection
 - Fine Motor Skills and Pincer Grip Development by using art tools, zipping backpacks and gear, and squeezing tools such as tweezers and pipettes
 - Gross Motor Skills by climbing, running, jumping, rolling our bodies, dancing, and yoga
 - Body Awareness and Mindfulness
 - Empathy and Compassion towards all living things
- ...and more!

