

MONTESSORI SCHOOL OF DULUTH

# Nature

## Elementary Summer Program

JULY 15 - AUGUST 23

MONDAY - FRIDAY

Daily nature outings, arts and crafts, games,  
and fieldtrips for children 6-10 years old

COME EXPLORE WITH US!



LIMITED SPOTS AVAILABLE

# Summer Nature Program

Exploring ourselves, the world around us and the relationships that connect us to nature and our community.

Program Dates: 7/15-8/23

Week 1 (7/15-7/19): Nature Exploration Week

Week 2 (7/22-7/26): Creativity and Sensory Exploration Week

Week 3 (7/29-8/2): Me and We Week

Week 4 (8/5-8/9): Team Week

Week 5 (8/12-8/16): Mindfulness Week

Week 6 (8/19-8/23): Adventure Week



## Daily Schedule

8:15-8:30: Arrival

8:30-9:00: Free Time

9:00-9:15: Snack

9:15-9:30: Morning Movement

9:30-11:45: Morning Work Cycle

11:45-12:15: Lunch

12:15-1:15: Recess

1:15-1:45: Group Read/Peace Time

1:45-2:45: Afternoon Work Cycle

2:45-3:00: Care for Environment/Jobs

3:00-3:30: Second Recess/Pick-up Time

Throughout the summer program, we work from exploring the environment around us to learning about what makes us all unique and important. After, we learn how we can use our own strengths and unique qualities in teams, with our friends and in our community. We end with an “adventure week” to use everything we have worked on throughout weeks 1-5 to go on outdoor recreation based outings and practice team building and leadership skills.

## Potential Field Trips:

- The Snake Pit
- Zoo
- Aquarium
- Hartley Nature Center
- Hawk Ridge
- Local Beaches
- Children’s Museum
- Irvin Museum
- Depot/ Train Ride



# Nature Exploration Week

Week 1 (7/15-7/19)

## Key Focuses:

- Explore the world around us.
- Fostering appreciation for the environment and wildlife.
- Taking time to notice and be intentional about our time outside.

## Potential Activities:

- Mindfulness Outing
- Nature Scavenger hunt
- Tree Identification
- Animal/Wildlife talk
- Nature Journaling
- Insect Observation
- Leave No Trace Principles
- Rock Painting
- Nature Art
- Grow Our Own Plants



Fine Motor Activity



Exploring Symmetry in Nature



Sun Art Paper



# Creativity In Nature Week

Week 2 (7/22-7/26)

## Key Focuses:

- Explore the 5 senses in nature
- What can we create with what's around us?
- Explore color

## Potential Activities:

- Use different art medias to explore our senses.
- Use of textures, color and creativity to enhance our senses.
- Water play
- Sensory bin with nature materials
- Noise scavenger hunt
- Balance practice
- 5 senses outing



# Me and We Week

Week 3 (7/29-8/2)

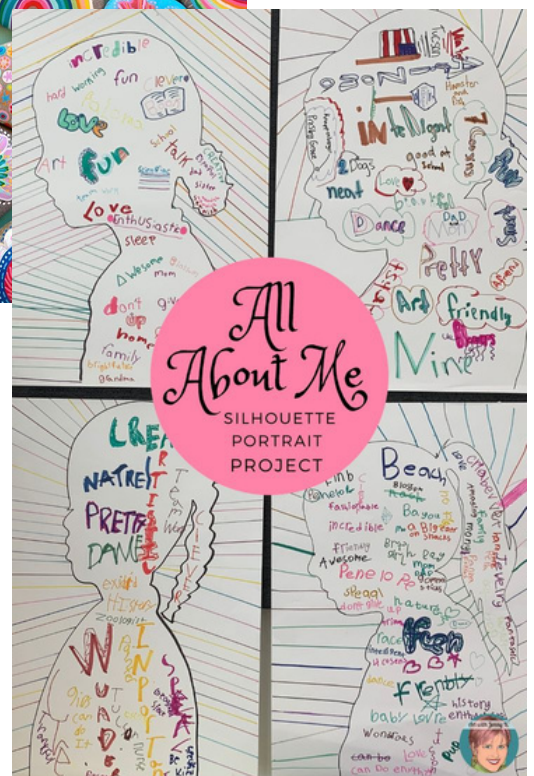
## Key Focuses:

- Who I am
  - Learning your strengths
  - What makes you unique?
  - Learning about yourself and sharing your strengths with other
- Who we are
  - How can I relate to my friends?
  - How are we the same, how are we different?
  - How do our differences compliment each other?

## Potential Activities

- Show and tell
- Get to know you games
- Show your unique interests, style and talents through art, activities and games.
- Crafts that emphasize creative freedom
- Low ropes initiatives
- Team skits
- Group songs/music

## Friendship Flowers Kindness Craft for Kids



# Team Week

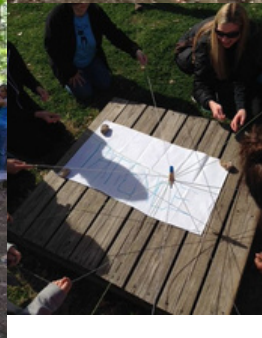
Week 4 (8/5-8/9)

## Key Focuses:

- Team Building Exercises
- Trust
- Explore limits with trust in yourself and others
- How do we work together as a team and a group?

## Potential Activities:

- Stick boat team race
- Low ropes initiatives
- Work together, in teams, with trust in each other.
  - Relay race
  - “Blindfold” activities
  - Team vs team



# Mindfulness Week

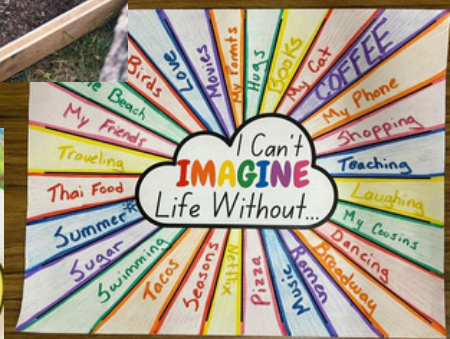
Week 5 (8/12-8/16)

## Key Focuses:

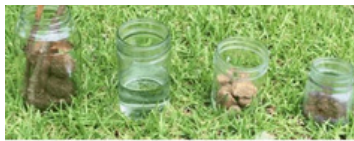
- Techniques for self-reflection
- Be intentional
- Pay attention to feelings
- Self directed play and relaxation
- Being present

## Activity Ideas:

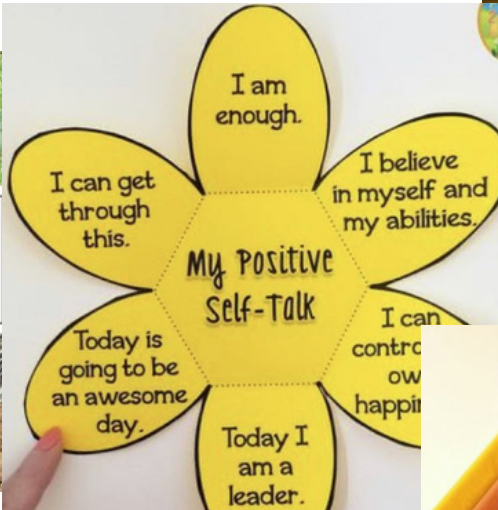
- Capture the present: pinhole cameras
- Nature journaling
- Gratitude activities / crafts
- Yoga
- Mindfulness through music
- Coloring
- Solo play
- Practice Balancing
- Create our own figets



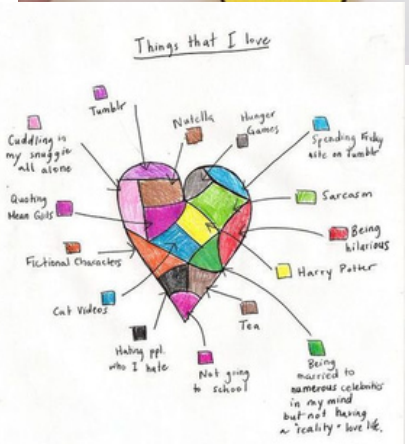
GRATITUDE ACTIVITY



**GARDEN XYLOPHONE**  
outdoor music play for kids



@FunSensoryPlay  
**Calm Down Activity**



# Adventure Week

Week 6 (8/19-8/23)

## Key Focuses:

- Using our team building skills and our personal strengths in outdoor adventures.

## Activity Ideas:

- Low ropes initiatives
- Shelter building
- Field-trip based outdoor recreation activities
- Outdoor cooking
- Outdoor picnic



Sponge Toss  
WATER ACTIVITY  
theresourcefulmama.com



Building a Shelter  
Survival Skills Challenge

