

LESSON PLAN

Grade: K-3

Subject: English/ Social
Responsibility / Social Studies

Date: 2024

Topic: Lessons From Mother Earth

Lesson - Berry Song by Michaela Goade

Lesson Focus and Goals:

Understanding Indigenous knowledge and practices in caring for the Earth, with an emphasis on plants, berries, and respect for nature.

Materials Needed:

- Berry Song by Michaela Goade or read aloud
<https://www.youtube.com/embed/7NcogSo834c>
- Chart paper, markers
- Natural objects (leaves, berries, sticks, stones) or images of different plants and berries
- Drawing paper, crayons or colored pencils.

Learning Objectives:

- Understand the importance of respecting and caring for the land as Indigenous peoples do.
- Learn about Indigenous knowledge of plants, berries, and their connection to the natural world.
- Explore the themes of gratitude, sustainability, and community.
- Practice mindfulness and observation of nature.

Option One : Simple Lesson Plan

Story Time and Discussion (15 minutes)

- Read aloud: Berry Song by Michaela Goade.
- Discussion: Ask the students:
 - Why are the berries so important to the girl and her grandmother?
 - How do they show respect for the berries?
 - What are some special ways we can say "thank you" to nature?

Exploring the Outdoors (Optional, 20 minutes)

- Outdoor Activity: Take the class outside (if possible) to explore a garden, park, or green space. Encourage them to quietly observe the plants, flowers, and any berries or trees around them. Ask them to think about how they could care for the natural world like the characters in the stories.
- Mindfulness Moment: Have students find a quiet spot, close their eyes, and listen to the sounds of nature. After a few minutes, ask them how they feel and what they noticed.

Gratitude Art (10 minutes)

- Art Activity: Have students draw a picture of a plant, flower, or berry they observed outside or heard about in the story. Ask them to include a sentence saying why they are thankful for that part of nature.

Option 2 : Extended Lesson Plan

Introduction to Basic Nature Journaling

*If possible, doing an “Intro Lesson” to basic Nature Journaling beforehand might be helpful. Here is a link to a simple lesson to streamline the journaling process. [Intro to Nature Journaling](#)

Group Reflection and Discussion Questions prior to Read aloud (10 Minutes)

- When do you take care of someone else?
- What do we care about?
- How do we take responsibility for the nature around our school? Place?
- How can we respect the nature around our place? Our school?

Story Time and Discussion (15 minutes)

Read aloud: [Berry Song](#) by Michaela Goade. (See Above Simple Lesson Plan)

Group Discussion (5 minutes) Honouring the land and all that it provides for us

- Everything in nature has a purpose.
- We need to respect the land.
- If we do take a piece of nature to observe we need to return it or offer thanks for providing us with it.
- We also need to only take what we need.

Exploration of nature (15 minutes)

- Go outside with class to collect or observe one piece of nature
- Example : A leaf, a rock, a tree.

Journaling (5-10 minutes)

Return to class and have students complete their journal using the following format.

Date	
Title	
Words / Pictures / Numbers	
Weather	Location

Post Nature Journaling

Making Connections & Celebrating Indigenous Knowledge

Group Reflection and Sharing (15 minutes)

- **Discussion:** Bring the students together to talk about what they learned in the past lessons. Ask them:
 - What do Indigenous people teach us about caring for the land?
 - How can we continue to show respect for nature?

OR

- **Sharing Circle:** In a circle, have each student share one thing they learned about the land, berries, or Indigenous wisdom.

Song and Movement (10 minutes)

Berry Picking Song: Teach the students a simple song about berry picking or nature. You can create a rhythm using a drum or clapping. Encourage students to move like they're picking berries or exploring the land, connecting their movements to the rhythm.

🎵 Berries and Journals 🎵

(To the tune of "Old MacDonald")

Verse 1:

Out in nature, we pick berries, yum-yum-yum-yum-yum!
Red and blue and purple, too, yum-yum-yum-yum-yum!
With a pluck-pluck here, and a pluck-pluck there,
Here a pluck, there a pluck, berries everywhere!
Out in nature, we pick berries, yum-yum-yum-yum-yum!

Verse 2:

Then we sit and journal it all, draw-draw-draw-draw-draw!
Leaves and trees and bugs that crawl, draw-draw-draw-draw-draw!
With a sketch-sketch here, and a note-note there,
Here a sketch, there a note, nature everywhere!
Out in nature, we journal it all, draw-draw-draw-draw-draw!

Verse 3:

Berries, leaves, and all we see, yum-yum-draw-draw-yay!
Nature's wonders, wild and free, yum-yum-draw-draw-yay!
With a taste-taste here, and a draw-draw there,
Here a taste, there a draw, wonder everywhere!
Nature journaling and berries, yum-yum-draw-draw-yay!

Final Activity: Thank You to the Earth (15 minutes)

- **Gratitude Wall:** On chart paper, create a "Thank You to the Earth" wall. Have each student draw a small picture of something they are grateful for (from nature) and write or dictate a sentence of gratitude. Put these together on the wall to celebrate the connection to the land.

Assessment:

- Participation in discussions and activities.
- Observation of students' understanding of respect for nature.
- Artwork and written reflections on gratitude for nature.