

Lawn and Grass Activity

Lying on the Lawn

For all ages. Questions and discussion will vary depending on age of students.

Take your class outside to a grassy area near the school.

- Ask the students to move apart, so they are not touching each other, widely spaced is best. Have the students lie down in the grass and close their eyes. Time to spend here depends on age: 1 minute to 5 minutes? Encourage them to focus on what they hear and feel and smell, and to clear their mind.
- Ask them to think about what they see and what they associate with the grass.
- Prompt them to notice what the smell, feel, hear, and see.
- Have students sit up and continue to listen, smell and relax. Take them back to the classroom and make a collective list of what they noticed. Or lead a discussion on the lawn. Depending on response, this can be repeated right away or lengthened to longer times in upcoming days.
- Talk about how some of the observations they made connect in the eco system (i.e. how the birds eat the insects that live in the grass, how worms fertilize the grass, etc.)
 - Optional: Draw pictures of what they saw.

Guided questions for older students might be:

Have you ever laid on your back and watched the sky in a prairie? A lawn? A forest? Which would be the most comfortable to you and why? Assign students to do each of these and write a reflection, etc.

The goal is to connect students with nature and the outdoors. Allow them to relax and be at peace in nature.

Cornell University recently installed a lawn in the library:

<http://www.news.cornell.edu/stories/Nov11/LIBmeron.html>. Why do this? Compare lying on a lawn to a carpeted floor, or concrete, or a forest. Surroundings can determine how we feel, and how we act.