

Sisters of Notre Dame NATURE TRAIL

1601 Dixie Highway
Covington, KY 41011
www.sndky.org

The Sisters of Notre Dame Provincial Center, known as St. Joseph Heights, is home to a beautiful nature trail that includes a bird blind, walking trails, wildflower meadow, outdoor classrooms, and educational signage. Schools and community groups are welcome to conduct field trips at the trail, complete with lesson plans created by the Sisters of Notre Dame. For more information or to schedule your field trip, please contact Sr. Ann Marie Pflum, SND, at annpflum@yahoo.com or (859)291-2040.

LESSON PLAN #1: SENSE-A-TIONAL NATURE

CONCEPT: Children learn to use their senses in nature.

PROCEDURE: Children develop skills using each sense separately by listening, looking, smelling and touching things in their surroundings.

ACTIVITIES:

LISTENING- Sit quietly and listen to sounds. Discuss what you hear.

SMELL- Smell various items one at a time. Describe the odor – sweet, stinky, etc.

TOUCH- Touch the items given to you one at a time. Describe how they feel – smooth, soft, etc.

SIGHT- See in detail by comparing the bark and leaves of different trees. (Children will make rubbings of tree bark and leaves.) Compare the flowers in the area. Notice the markings and colors of the different birds and butterflies.