

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 #2: SEEDS ARE AWESOME

CONCEPT: Children will discover how seeds travel and which seeds we eat.

PROCEDURE: They will learn this by examining different types of seeds. Charts will be used for the seeds we eat. Children will brain storm about other edible seeds.

ACTIVITIES: The children will be given a worksheet entitled *The Life Cycle of a Plant* with the directions: "Pretend you are a seed – Draw its story. Look for and identify saplings."

Children will be given a packet of seeds from the prairie flowers. They will also be given a sheet of directions for planting the seeds and caring for them. The teacher may wish to do this as a class project.