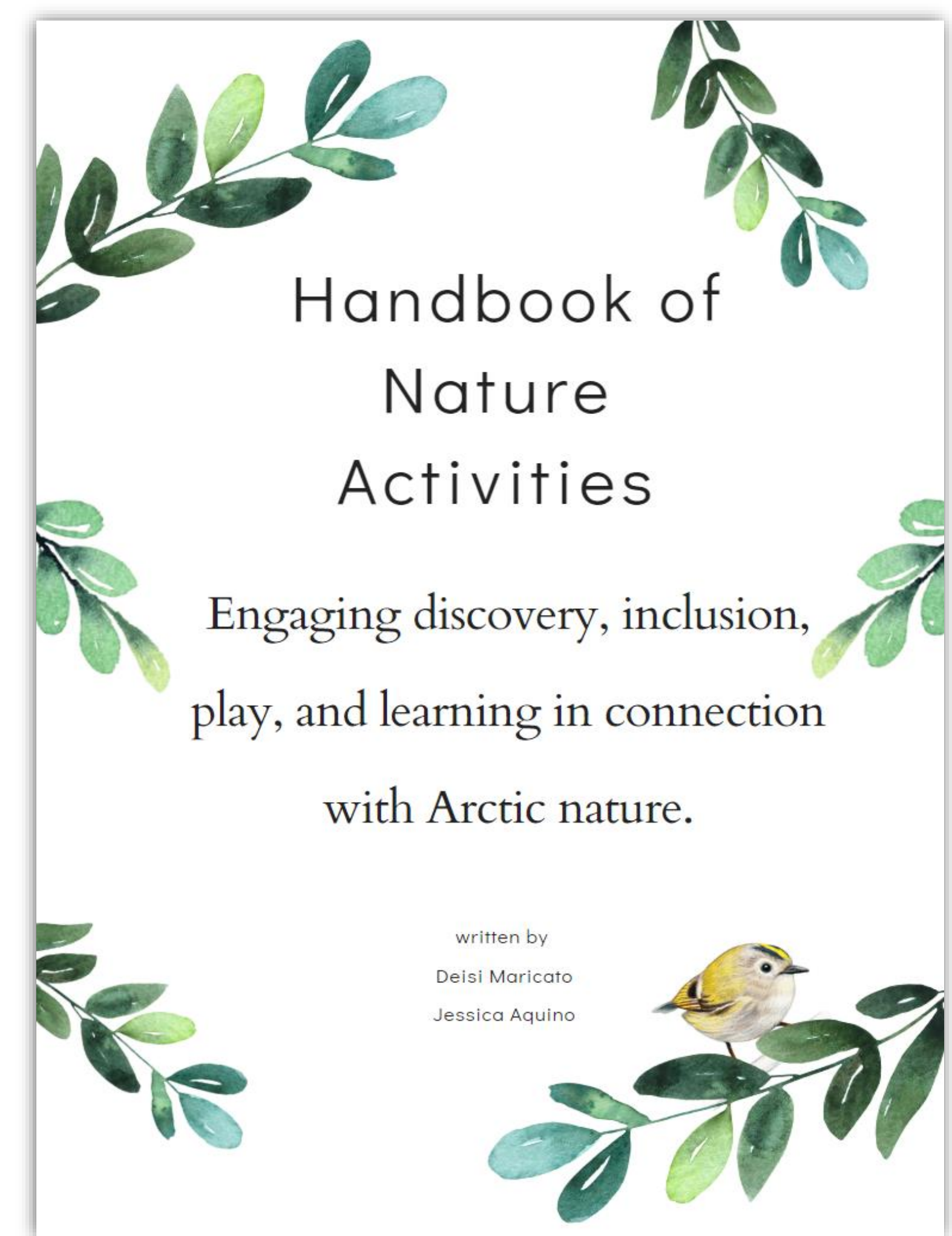




# Handbook of Nature Activities Engaging discovery, inclusion, play, and learning in connection with Arctic nature.



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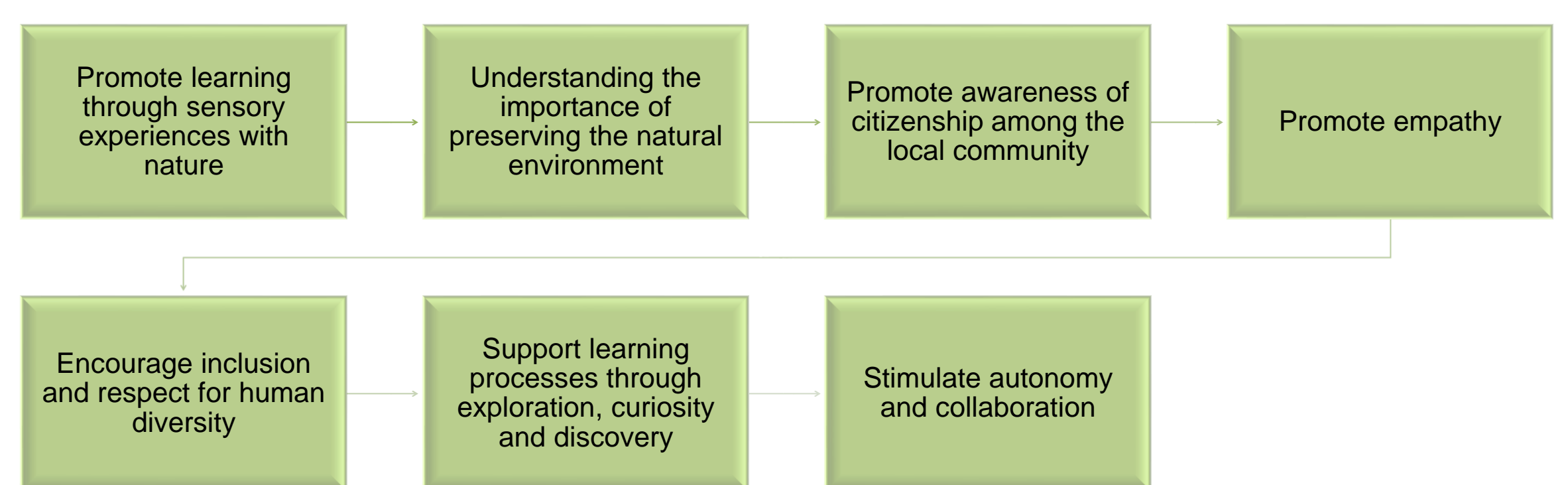


## INTRODUCTION

The handbook is based on the concept of inclusive education whose principle is to promote educational practices for inclusion of all. The diversity of the human universe shows us the importance of developing a teaching-learning practice that helps respect the realities of each individual. In this sense, all children and young people should be embraced and welcomed by the project. Throughout the handbook, tips were added on how to adapt the activities for young people with disabilities (developmental or physical) or neurodivergent. Also, in each of the Handbook's activities it uses words in simple sign language, Tákn með tali (TMT), used within the public school system in Iceland. TMT is used in this Handbook to encourage other forms of communication with children and young people who may have a delay in speech; or who are in the process of learning the local language. Although the activities seek to reinforce the cognitive importance and well-being of being in contact with nature. We also include many activities that can be performed indoors if the weather outside is too difficult. Thus, the activities in this Handbook seeks to:

## ABSTRACT

The Handbook of Nature Activities is part of the Youth for Arctic Nature (YAN) project, with funding from NORA. The Handbook is a free online eBook on pedagogical development of nature activities and inclusion for children ages 5-10 years-old. It can be used in school as classroom activities, with youth groups, and with parents and guardians. The Handbook's activities use a socio-constructivist approach that believes that individuals build knowledge through their experiences with their environment in which they live and through social integration. The Handbook's activities seeks to promote reflection on the potential of the natural world to enrich pedagogical practices based on an inclusive education that respects diversity and encourages a greater connection between children and the local natural world.



### ROLL BIRD FEEDER

**Material:**  
Toilet paper roll, Peanut butter and bird seeds.

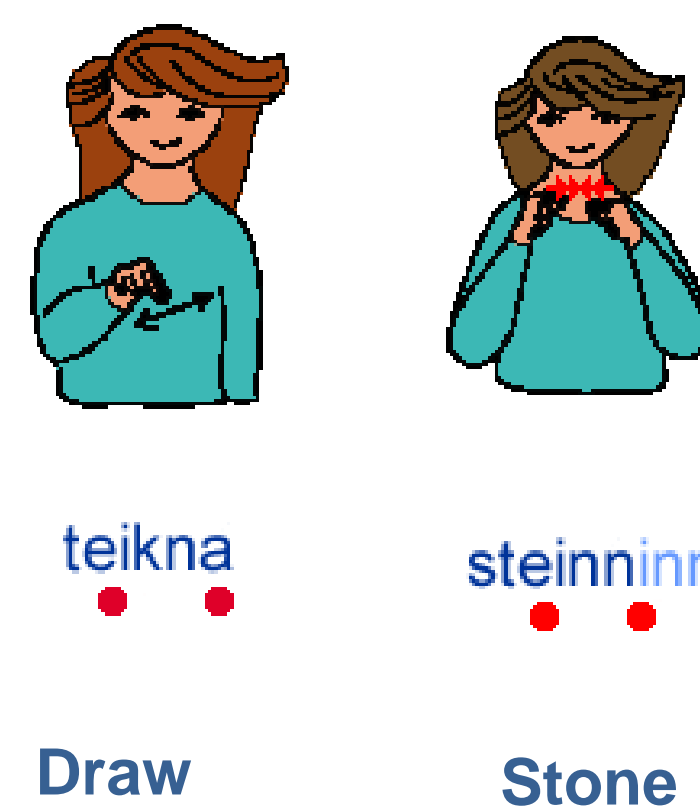
**Procedure:**  
Students should rub peanut butter in the toilet paper tube and after smearing they should roll the tube in bird seeds. Afterwards, they must pass a string inside the tube in order to create a ring that will be hung from tree branches. At the end of this step, students will be invited to go to the school's garden or somewhere near the school where it is possible to hang the bird feeders.

**THINKING ABOUT INCLUSION:**  
This activity can promote different sensory perceptions from the taste, as students can eat peanut butter if there is no allergic restriction, work their sense of smell with the smell of peanut butter and seeds, stimulate touch through contact with the different textures offered in this activity. As well as the sense of sight through the different colors of the seeds.



Bird

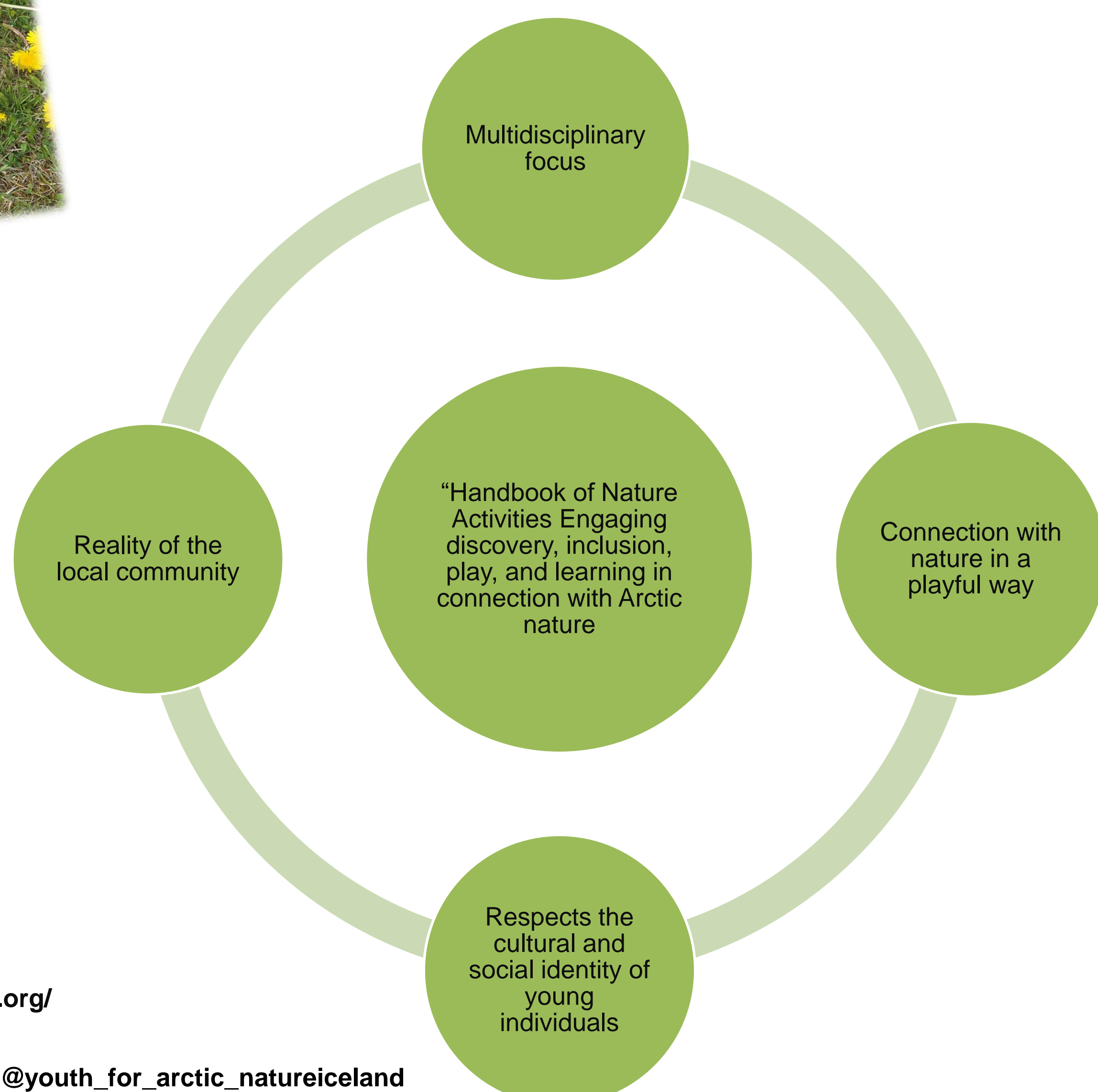
## SIMPLE SIGN LANGUAGE - TÁKN MEÐ TALI



Nature is also the therapist and a guide.  
(Cree and Robb, 2021 p. 34)

## CONCLUSIONS

We believe that the use of the activities from the Handbook can enhance integration, inclusion and identification actions. Furthermore, it encourages creativity, reflection and the importance of preserving and caring for the natural world. This free online resource provides familiarity with the local nature, but also contributes to the construction of an inclusive and collaborative teaching-learning process. In the near future we intend to explore the use of the handbook with a larger number of students and teachers from different learning communities within the Icelandic and international educational context.



Project funding:

Project collaborators:



Project supported by:



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