

B.A.S.E. Daycare Program—Activity Plan

Time Frame: 1-2 hours

Materials: Free (materials found in nature)

Age: For all ages (This activity is accessible to all ages and abilities)

Where: Outdoors

Groups: Pairs or small groups

1. *Ça va bien aller: Rainbows in Nature*

During the crisis, a solidarity movement has formed in Quebec where families display rainbows on their windows and doors as a way to bring positive energy to their communities. The activity below has been inspired by the movement # Çavabienaller.

Activity Plan

Children will be encouraged to spend time in a quiet area in nature, where they will observe their surroundings and become more aware of their senses. The goal of the activity is to create a rainbow with only materials found on-site. These materials could include leaves, branches, grasses and found recycled objects. The objective of this activity is to encourage children to use their imagination and to explore materials they wouldn't normally choose for art making.

This activity is meant to inspire children to make art, to spend quality time in nature, and to contribute more rainbows to the movement *Ça va bien aller* in the community!

Mindfulness Moment in Nature

Challenge the children to be aware of their senses

1. *Sight*
2. *Sound*
3. *Touch*
4. *Taste*
5. *Smell*

Discussion: What are you most aware of at the moment?