



Activity title	Our nest
Recommended age	5 - 6 years
Time of dedication	40 - 60 minutes



Curricular area				
Mathematical thinking to interpret the world	Speaking to think, know and communicate	Observe, manipulate and experiment to discover the environment	Move, feel and express yourself to grow	Create and feel art to enjoy and communicate
	X	X	X	X

Social / emotional competence				
self-awareness	self management	Relational and emotional skills	Social awareness	Responsible decision making
X	X	X	X	X

Learning outside through nature				
Environmental awareness	Environment knowledge	Connection with nature	Understanding ecological interdependence	Actions for nature
X	X	X		

Ideal season to carry out the activity				
winter	spring	summer	autumn	All seasons
	X			X



What we need before we start

Prior or introductory knowledge

- Cardboard boxes
- Blankets
- Pillows
- Natural materials
- Those that you have, find or consider



Development of the activity

The objective of this activity is to reflect with the children on those places where they feel safe, calm and protected. They will be asked to draw a picture of the places where they feel safe and why. And we will encourage them to create such a space also in the school/classroom. Therefore, the children are invited to choose the best place (inside or outside, depending on the group you are) to build a collective nest. This nest should be used to carry out quiet activities, read stories, rest, take refuge, hide, when we need calm.

Observations/recommendations

