

"IL FILO D'ERBA" FARMS EDUCATIONAL ACTIVITIES SCHEME

Ecology | Nutrition | Animal Husbandry | Agriculture | Nature's Bounty | Traditions

Nursery School Activities

Stimulate the 5 senses: *Sight*– Nature's colours; *Smell* – Floral and herbal scents; *Touch* – Contrasts between hot and cold (the burning fire and the water from the well), rough and smooth (tree bark and the washed wool from our sheep); *Hearing* – Bird song and animal sounds and the rustling of the leaves in the trees; *Taste* – sampling our farm products. Also experience, with guided supervision, our farm 'in-motion': interact with our animals, pet them, and imitate their movements.

Pre - School and Primary School (Year I & II) Activities

A1 – Bees and what they produce: Candle making with bees wax. Sugars and their use in nutrition (1h)

A2 – Forests on the plains or in the hills: Different tree and animal species which inhabit the forests. Pruning and wood products. What can we do with nuts? We will build a carbonyl. (1h30min)

A3 – Vegetable Gardens: Working the land, weeding, ploughing, and sowing. We learn to recognize spontaneous herbs. (1h)

A4 – Farm Animals: Cattle, donkeys, pigs, sheep, goats, rabbits, ducks, chickens, peacocks, turkeys, and the hedgehog! (1h– 1h30min)

A5 – How our grandparents lived: Daily life, traditions, tales, stables, livestock, and cattle. (1 h)

A6 – From grain to bread: How to make bread. Is it better to knead the dough with water or with dew? (1h)

A7 – Environmental education with the scarecrow and sustainable tourism: We listen to the scarecrow. He is very busy taking care of the health of the environment where he lives, he will tell stories of long ago and will teach us simple games to have fun and learn how to respect nature. (1h)

A8 – The golden-leaved oak tree: The story of the woodland kingdom and its tiny insect inhabitants. (1h)

A9 – Discovering the treasures of the countryside: Explore using your eyes. Magnifying glasses. Play with different types of soil to discover the earth's secrets scientifically. (1h - 1h30min)

A10 – Biodiversity - The importance of seed collecting, preserving and replanting: We will play with clay balls filled with seeds. Natural medicine. (1h)

A11 – Games from the past eras: With simple materials we will build our own toys. (1h)

A12 – Art and Nature: Collect natural products from the farm and countryside and use them to make a work of art. (1h30min)

A13 – Food from nature and traditional home cooking: Let's make a traditional dish. (1h)

A14 – Let's make a kite: We will make it fly while we dream looking at the clouds travelling across the sky. (1h)

A15 – Water, earth, fire, air. Terrarium. (1h)

A16 – Natural detergents: From the plants: lucerne, horse chestnut, ivy, and soapwort. From wood to lye. (1h)

A17 – The knowing nose: aromatic and regular plants. Looking for the edible herbs. (1h)

A18 – Sounds and rumours of nature. (1h)

A19 – "Nature" teaches "Physics": *Phisis* in Greek means *Nature*. (1h)

Primary School (Years III - V) and Secondary School Activities

B1 – Visit the bees: The importance of bees on an organic farm. Watch the bees and learn about their

products. Sugars and alimentary education. (1h -1h30min)

B2 – Forests on the plains or in the hills: Different tree and animal species which inhabit the forests. Pruning and wood products. What can we do with nuts? We will build a carbonyl. (1h-1h30min)

B3 – Vegetable Patches: Working the land, weeding, ploughing, sowing, recognizing the different types of soil, and the right moment to plant seeds. We learn to recognize spontaneous herbs. (2h)

B4 – Farm Animals: Meet our cattle, donkeys, pigs, sheep, goats, rabbits, ducks, chickens, peacocks, turkeys and the hedgehog! (1 h- 1h30min)

B5 – Building a chicken coop. (2 h)

B6 – Stables, beasts, and crops: Farming life, traditions, tales and games (wind pipes). (1h)

B7 – From grain to bread: How to make bread. Recognizing different cereals and bread making. Is it better to knead the dough with water or with dew? (2h)

B8 – Spinning & weaving: Hemp & wool, two types of fibre found on the farm; see the old nineteenth century loom and the wool teaser. (1-2h)

B9 – Insects: Meet some of the many insects which inhabit an organic farm. (1h - 1h30min)

B10 – A new job, "the agriculturist": Custodians of nature and educational farm guides: a new professional possibility. (2-3h)

B11 – Herbs - Their uses in medicine, cosmetics and the kitchen: How to use dyes and how to build a small herbarium. (2h)

B12 – Biodiversity: The importance of seed collecting, preserving, and replanting. (1h)

B13 – Visit to Monte Ceva - Experience its diverse nature: oak forests, shrub lands, thermopile, chestnut groves, Mediterranean pseudo-scrub, locust-tree and elder forests, marsh lands, and more!

B14 – Visit Monte Ceva's Herbarium – Uses of herbs in medicine, cosmetics and the kitchen: Learn how to use vegetable dyes. Build a small herbarium. (2h)

B15 – Trekking at Monte Ceva (2h)

B16 – Wild animal tracking - discovering the inhabitants of Monte Ceva (2h)

B17 – Geology of Monte Ceva (1h30min)

B18 – Food from nature and traditional home cooking: Let's make a traditional dish. (1h)

B19 – Water, earth, fire, air. Terrarium. (1h)

B20 – The knowing nose: aromatic and regular plants. Looking for the edible herbs. (1h)

B21 – Let's make a kite: We will make it fly while we dream looking at the clouds travelling across the sky. (1h)

B22 – Art and Nature: Collect natural products from the farm and countryside and use them to make a work of art. (1h30min)

B23 – Natural detergents: From the plants: Lucerne, horse chestnut, ivy, and soapwort. From wood to lye. (1h)

B24 – The Sustainable Tourist: Simple games to have fun and learn how to respect nature. (1h)

B25 – Sounds and rumours of nature. (1h)

B26 – "Nature" teaches "Physics": *Phisis* in Greek means *Nature*. (1h)

Secondary School Activities

(These activities can last from 1 h to 1 day or be part of a course)

C1 – Beekeeping on an organic farm: Main biological aspects of the bee. Honey-tasting straight from the comb.

C2 – Forests on the plains or in the hills and hedgerows: Study the different species of trees and animals inhabiting these different areas; pruning, wood, coal, and phytosociology.

C3 – A new job "the agriculturist": Custodians of nature and educational farm guides: a new professional possibility.

C4 – Rural architecture: Farm buildings of the eighteenth and early nineteenth century, nests and beehives, plant and landscape architecture.

C5 – Maths in Nature: The layout of a rose's petals and the seeds inside an apple are just two examples... the phyllotaxis, the genealogy of the drone, the hexagons in the honey comb.

C6 – Dialects and rural traditions: "Deepening your knowledge of dialects can help improve your understanding of the Italian language and ultimately English!"

C7 – The wood fuelled Biomass furnace: Readily available in the area, wood chips are an important local product.

C8 – Spinning & weaving: Hemp & wool, two types of fibre found on the farm; the old loom from the nineteenth century, and the wool teaser.

C9 – Biodiversity and sustainable tourism: The importance of seed collecting, preserving and replanting. Natural medicine.

C10 – Farm Animals: Meet our cattle, donkeys, pigs, sheep, goats, rabbits, ducks, chickens, peacocks, turkeys, and the hedgehog!

C11 – Weeds and their uses

C12 – Art and Nature: Collect natural products from the farm and countryside and use them to make a work of art

C13 – Trekking at Monte Ceva

C14 – Visit Monte Ceva's Herbarium: Uses of herbs in medicine, cosmetics and the kitchen. Learn how to use vegetable dyes. Build a small herbarium.

C15 – Wild animal tracking - discovering the inhabitants of Monte Ceva

C16 – Visit to Monte Ceva: Experience its diverse nature: oak forests, shrub lands, thermophile, chestnut groves, Mediterranean pseudo-scrub, locust tree, elder forests, marsh lands, and more!

C17 – Monte Ceva's Geology

C18 – Food from Nature: Traditional home cooking. Make a traditional dish.

C19 – From nature to spirituality: Imagery in nature

C20 – Natural detergents: From the plants: lucerne, horse chestnut, ivy, and soapwort. From wood to lye.

C21 – Nature in the song of songs: After a day in touch with Nature, we will set our imagination free and we will express our emotions with the language of Nature.

C22 – "Nature" teaches "Physics": *Physis* in Greek means *Nature*.

C23 – Stables, beasts, and crops: Farming life, traditions, tales and games (wind pipes).

Other Activities

D1 – Cart Rides: A journey through Altaura Farm can be enjoyed by adults and children alike.