From Grain to Bread

Four simple discovery activities about weather, food and sticking together.

1 · The bread chain

Arrange or draw the sequence together: grain → flour → dough → bread. Mix the cards and let the children put them back in order.

2 · Weather detectives

Observe the weather for one week. Use just one symbol each day: sun, rain, wind or cold. Talk about what plants need and why “more” is not always “better”.

3 · What do we really need?

Lay out pictures or objects: water, bread, warm clothing, toys, tools, sweets. Children choose three things for a cold day with no possibility of shopping and explain their choice.

4 · A small act of help

A child draws an everyday situation: someone has dropped something, cannot find something, is sad or cannot reach something. Together, find a small suitable way to help.

Important

Do not waste food. Use pictures, empty packaging or prepared cards for sorting and matching games.

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