

Seasons

Learning aims:

- Understand the seasons of the year in the UK
- Identify some countries that do not experience the same seasonality as the UK
- Discover how plants and animals adapt to different seasons
- Explore some seasonal plants and animals

Activity 1: Seasons

Discuss the four seasons with your class. Encourage them to think about how the **weather** changes, how they like to spend time in this season, what they think they would see if they went outside.

Discuss some **other countries** that do not experience the same seasonality as we do. For example, equatorial Asian countries which experience **"wet" and "dry"** seasons but do not have snow.

Activity 2: Adaptations

Discuss with your class **what happens to plants** during the different seasons. Ask them when flowers are most likely to appear, when leaves change colour, and when trees are bare. Ask them if the trees are **still alive** even though they don't have leaves. Discuss why plants might be most productive in spring and summer.

Discuss what **animals** you are likely to see at different times of the year. Do your class know where some animals go during the winter? You can refer to our **"Cosy Critters"** activity plan to help with understanding hibernation. How do some animals survive the winter, and how do some cope with strong sun, or lots of rain?

Activity 3: Explore the Seasons

Encourage your class to **explore** the school grounds, looking for **signs** of the different seasons. They should try to recognise both plant and animal life.

Expand your knowledge of these plants by finding out **what is edible** and what isn't!

You could be more adventurous and try brewing some **nettle tea**, or making bramble jelly. Alternatively, try to research **seasonal fruit and veg** for the students to try from their local supermarket - you could even create a **calendar** for which food plants are good at different times of the year.

*Additional activity: Challenge your class to pick their **favourite British animal** and write a story about a year in their life.*