

Wildcat Hills Nature Center



Lil' Explorers: Worms

Worms!

This lesson plan was created to help you fill the day with fun, exciting outdoor learning opportunities. This topic will utilize items commonly found in or around our homes.

Outdoor Nature Play:

Head outside in search of worms. Where will they be hiding? Can you find things worms like to eat? How do you think worms help the soil?

Write down your observations or draw a picture when you get back inside.

Books:

Scholastics (limited free online books and videos)

<https://bookflix.digital.scholastic.com/pair/detail/bk0027pr/start?authCtx=U.794217314>

Diary of a Worm by Doreen Cronin

It Could Still Be a Worm by Allan Fowler

Indoor Play:

Worm video:

<https://www.youtube.com/watch?v=7O40A-6Jmt4>

Worm worksheet:

<http://cleverlearner.com/alphabet-themes/images/W-is-for-worm-worksheet-for-preschools.pdf>

Measure worms:

Cut different pieces of string and measure with common household items (paper clip, pencils, etc.). Which ones are the shortest worms, which are the longest? Can you put them in order to smallest to largest?

Crafts:

Worm painting:

Take a fake fishing worm (or piece of string) and dip in paint. Move it around the paper to paint with your 'worm' Don't forget to include the worm's habitat!

Make a worm:

Make a worm with playdough or clay. Can you make different sizes? Can you make several worms and count them? How many did you make?

Sensory:

Play Mud:

Ingredients:

One can of chocolate frosting
Approximately 1 1/4 C. flour

Directions:

Stir frosting and add flour a little at a time. Knead until it forms a dough. If it is sticky add a little flour until it no longer sticks to your hand. If it is stiff, add a couple drops of water until it reaches the right consistency.

To keep the mud soft wrap it in plastic wrap and store it in an air tight container in the fridge or leave it out to dry (it will become crumbly) and store it in a container. Either way, the mud is fun to play with!

Snack:

Dirt Cup Recipe

1 – 15 oz package of chocolate cookies
1 – 3.9 oz package chocolate instant pudding mix
2 cups cold milk
24 gummy worms
9oz clear plastic cups or smalls serving bowls

Directions:

Place the cookies into a resealable plastic bag, crush with a rolling pin into crumbs – or you can use a food processor. In a large bowl, whisk together the chocolate pudding mix and milk, stirring for 2 minutes. Sprinkle 1/3 of the cookie crumbs into the bottom of a small serving bowl, add chocolate pudding mixture on top. Top with remaining crushed Oreo cookies. Add 2-3 gummy worms on top. Refrigerate the dirt cups until serving.