



MONTHLY PROGRAM OUTLINE

MONTHLY PROGRAM B

From Farm to Plate.

How do I use this outline?

1. Choose the activities and experiences you would like to add to your weekly, fortnightly or monthly plan from the educator monthly program outline.
2. Add your choices to the Empowered Ed **blank program template** (print or save to your computer) Make sure to fill in the dates at top of the program to indicate if your plan is covering weekly, fortnightly or monthly.
3. Match the numbered activities on your plan to the **corresponding activity guides (Playful Learning Page)**.
4. Fill out the separate **organisation planner** each week if you wish to help you keep up to date with all documentation requirements including reflection, prep, observations and forward planning (optional).





EXPLORING OUR WORLD

Activity Guides to choose from:

A44 – Seed Bombs

A29 – Rain Gauge Fun

Simple Suggestions to add:

Sprout House

Combine a simple engineering and science concepts when the children [build a sprout house](#) using sponges and toothpicks.

Drought Investigation – Dry & Wet Experiment

Set up a table with some books, photos or pictures of farms in drought and show them the dry soil and lack of feed and grass due to no rainfall. Using two trays – both filled with soil you can investigate the difference by showing the children how to add water using droppers to one but not the other. Explore the concept of wet and dry and create a poster of some actions everyone can take to conserve water in their own environment.

Grow Bags

This activity is about helping children to see that we can all be mini farmers at home even if we don't have lots of land. You will need a bag of potting mix with a little added compost and a few quick growing vegetable seedlings – peas, beans and lettuce are quick growers. Poke some drainage holes into the bag on one side using a knife then turn the bag over and cut some x's into the top – this will be where you plant the seedlings so spread them out a little. Show the children how to carefully remove seedlings from their pot and poke into the soil where you have cut the x's. Move the bag to a spot the children can easily access to water and look after. You can keep adding bags depending on how many seedlings you want to plant. Can you use your harvested produce in a recipe? [Watch this video first](#) if you need a little help to visualise the process.



INVITING THE IMAGINATION IN

Activity Guides to choose from:

A133– Jungle Playdough – you could change the theme to Farmyard Playdough to extend the play further.

A46– Bridge Builder – Provide the tools for them to become mini architects and builders!

Simple Suggestions to add:

Farmyard Small World

Give each child a paper plate or perhaps a large lid or small box from the recycle bin. Add to the table a collection of different textures and materials like dirt, straw, grass grains, animals, figures, cars. Encourage the children to create their own farmyard small world on a plate. Make sure to take photos of their creation and write down how they describe their small world (for those talking of course!)

Farmer's Market Fun

Use some boxes, shelves or baskets to create a 'Farmer's Market'. Add some real and play food items and use the props as a prompt to talk about where food comes from before we buy it and if anyone has been to a market stall. Let the children decide how the play in this space will evolve - you could add some green shopping bags, a set of weighing scales, cash register, money and paper for them to design sale signs to extend on the play.

Farm Animal Story Stones

Print off or cut out some pictures of farm animals and using a mix of watered down PVA glue (or modge podge) stick them to some smooth stones or landscaping pebbles (find them cheaply in the \$2 shop!). Add another layer of the PVA mix over the top with a brush then leave to dry in the sun. introduce a basket of your farmyard story stones to block corner for the children to use as they like.



LET'S GET MOVING

Activity Guides to choose from:

A6 – Hoop Painting

A34 – Chalky Wall Wash

Simple Suggestions to add:

Do the Chicken Dance

Get silly with movement and music when you [do the chicken dance](#).

Boxes & Bales Play

If you have the space outdoors add some cardboard boxes and 1 or 2 bales of hay (usually \$7-\$11 at feed supply stores) to the play area for the children to build with, stack, knock down and arrange how they want to. If you don't have a lot of space, try using some smaller size boxes and handfuls of sugar cane mulch tied together in bundles with a rubber band. Stand back and let the children decide how to use them! You might like to also add some blocks.

Yoga Fun

Go on a cosmic and active Bear Hunt with this [simple yoga routine](#). Lots of fun while working their coordination and balance skills!

Stretch it!

Lay a piece of lycra or other stretchy material down on the ground, set up some children on each side with their feet underneath the material and ask them to grab hold of the material edge. Now they need to pull the material toward them. Tell them not to let go! When they have had a practice turn it into a tug of war game!



CREATIVE AND SENSORY PLAY

Activity Guides to choose from:

A8 – Pebble Sculptures – what else could you create a sculpture with if you didn't use pebbles?

A7– White clay nature ornaments – What else can they find to make imprints in the clay with?

Simple Suggestions to add:

Straw Brushes

Show the children how to select some straw or raffia then bunch a handful together and secure at one end with a rubber band. Fan out the straw bristles at the other end (a bit like a mini straw broom). Encourage the children to dip their 'brushes' into paint or coloured water and get creative on walls, fences or paper.

Corn Cob Rollers

Introduce 3-4 corn cobs to the children with husks still on. Talk about how they grow and what other foods we might make with corn. Show the children how to peel the husk away from the cob and let them try for themselves. When the children are finished investigating the cobs roll in a paint tray then onto some cardboard or paper and have fun making prints. If you don't want to use food with paint you can get a similar effect/print by wrapping a cardboard tube in a little bubble wrap and rolling in paint, then over the paper.

Apple Volcanos

Share some hands on simple chemistry fun when you introduce this [erupting apple science activity!](#) Or challenge engineering, problem solving and fine motor skills by [building apple structures](#) using chopped apple pieces and toothpicks.



FINE MOTOR / MANIPULATIVE PLAY

Activity Guides to choose from:

A83 – Colour Squirt Tray – try setting up some farm animals and cars as the targets instead of pebbles to extend the theme play. Keep moving the trays further and further away.

A157 – Tin Can Robots – give children an extra challenge of building a farm animal!

Simple Suggestions to add:

Seeds & Grain Dough

Add some of the grains, seeds or dry beans from your sensory tub into a shallow dish and place on the playdough table with some natural coloured dough. You could also add some greenery and farm animals for children to press into the dough or create their own mini small worlds.

As they play and explore you could open a conversation about how we cook the beans/seeds/grain, what foods they can be added to and how they are grown.

Egg Shell Snap

Collect some empty egg shells, wash thoroughly and leave to dry for a day in the sun (try not to break them up too much). Add the shells to a shallow sensory tub or tray and encourage the children to pick up the shells and snap or break using their fingers to form smaller pieces. They can then choose from the pieces and stick onto cardboard squares to make an egg shell mosaic. You can also soak them in a little edicol water colour to make the shells colourful. Obviously, this activity is only suitable if you don't have children with an egg allergy.

Pool Noodle & Shaving Cream Structures

Cut a couple of pool noodles into different thickness discs or half circles. Add a bowl of shaving cream with some plastic knives and spoons. Show children how to spread the cream over a pool noodle then stick another on top to begin building a tower or sculpture. [Click here to view some photo inspiration online.](#)



Activity Guides to choose from:

A39 – Let's Cook – Pumpkin Soup

A55 – Dissolving Jars

Simple Suggestions to add:

Book Baskets – Farm themed *(see book list at end of outline for suggestions – ask at your local library or perhaps go on an excursion with the children to choose some to borrow).*

Place a few baskets of farm, drought, flood, animal and food themed books indoors and outdoors for children to explore. Try and include a range of different types of books to appeal to different ages – non-fiction with real pictures to explore, pop up books, fiction.

Storytime Together

[Watch and listen to a story](#) about carrots and ladybirds working together.

Read or watch the story [What the ladybird heard](#).

Watch a video of Jackie French's books [Flood](#) & [Drought](#) being read then discuss whether children have experienced those events in their local area.

Growing Food

[Watch this video](#) with ideas on creating school gardens then brainstorm as a group how you could grow some food in your own school or OSHC to take home or share with others – even if you don't have the space for garden beds!

What grows on a tree or shrub?

Provide magazines and junk mail for children to choose and cut out pictures of various food, nuts and vegetables. Each child can either draw or paint their own tree on a large piece of paper then choose the pictures of the food they think grows on a tree and paste it onto their own tree. Identify the ones they got right and where and how the other foods grow if not on the tree.



ENCOURAGING IDENTITY & INDEPENDENCE

Activity Guides to choose from:

A27 – Playdough Cooking station – you could also use a salt dough or bread dough recipe and make some play food for the market stall.

A42– Electronics Tinker Tray – Why not try and find some old farm tools or other smaller bits and pieces used in and around farms and animals.

Simple Suggestions to add:

Egg Hunt *(Not suitable for those children with egg allergies)*

Boil some eggs and hide them around the yard or inside play area. Give each child an egg carton and encourage them to go on egg hunt. Ensure there are enough eggs for each child to get at least one. When all the eggs have been collected show the children how to crack the egg on the table then peel away the shells themselves. Eat the boiled eggs for morning or afternoon tea.!

For a little extra fun [watch this video](#) of a man collecting a whole lot of eggs very quickly on an organic egg farm! Make a note of the chickens being able to roam freely on the grass and out in the sun.

My Favourite Foods

Collect some old magazines, posters or junk mail catalogues (the supermarket ones work well for this activity). Explain to the children they are going to find pictures of their favourite foods. Provide scissors and glue for them to cut out their pictures then stick onto a4 paper. When they are finished staple the pages together to make a book. Encourage the children to label their pictures and write a sentence or two about why they love that food and where it comes from.

Apple Peel or Spiral

This simple activity encourages autonomy and pride in completing a task. If you have an apple corer and spiralizer, set it up on the bench with some small apples. Encourage the children to choose their own apple and after you have put it on the spike firmly show the children how to turn the handle to peel their apple. Alternatively, you can show the children how to use a peeler). What recipes can they come up with for different ways to use raw and cooked apple?



INTENTIONAL TEACHING SUGGESTIONS

Keeping it Simple:

- What sort of farms are there? (e.g. dairy, cattle, fish, egg, sugarcane etc?)
What makes them different?
- What types of farms are in our local area or what would be the closest farm?
- Is that Wet or Dry?
- What happens after a seed is planted? How does the food get to our shops and then onto our plate?
- What is the lifecycle of a chicken? How do we get eggs?
- Talk about the differences between smooth and rough textures.
- Encourage creative thinking, problem solving and gross motor control by allowing children to use the boxes, bales and market/ farm props any way they want to. There is no need for them to stay with a farm theme!
- What do farm animals and crops need to grow? How can we help farmers?
- Extend on vocabulary by naming common farm equipment and animals using the books and farm/market props.
- Explore different ways to grow, harvest, buy and use food.
- Investigate simple scientific and sustainability concepts when playing with the grow bags and talking about drought or flood.

What other learning did you explore?



EVERYDAY ESSENTIALS FOCUS

This page includes some optional suggestions for setting up your environment to complement this monthly program outline. *Modify* according to your space and children.... or just use your own ideas! It is completely up to you whether to use these suggestions or not.

Everyday essentials can include the *blocks/puzzles/dramatic play props /cars/legos/loose parts and other resources that you tend to have available each session*. Decide what you want to use this month then put everything else away as part of a toy rotation system. If you work in a shared space that requires packing up each day keep the items you are using that month to the front of your storage ready to set up each day to save time digging through resources!

Materials & Interest Areas:

Farm/Produce/Animal Interest Area – Hands On

On a low table or shelf set up a few interesting materials around the topics of farming, produce, markets and animals. Encourage children to bring in their own treasures, photos or books as well. Don't put too much on the table at once – just put a couple of things out that they can pick up, touch, use in play and investigate. You can change it each week to add different items as you take away others. Hay, feathers, bird nests, grasses, seeds, grains, wheat, sugar cane, recipe books, a PowerPoint playing on tablet or other device or some pictures cut out from magazines and laminated all make for a simple but interesting area. The idea is you want it to be hands on – not just pretty to look at!

Dramatic Play Areas – Indoors & Outdoors

Add farm and market themed props and dressups – change around each fortnight. Set up a market stall, a stable, a chicken coop, dairy farm -try and include the 'end product like milk cartons, bread and eggs.

On The Shelves

Add a few baskets or tubs with some simple materials suitable as self-select items for the children to use and add to their everyday play. Some ideas for this month:

- A tub of farm animals, blocks and sticks to make farmyards and fences with.
- Animal and food themed puzzles, felt board with farm animals, puppets
- Playdough, white clay, grasses, straw, seeds, grains, flowers etc.



SUGGESTED RESOURCES & MATERIALS

Books to find:

Try asking at your local library to see if they have any of these titles available. *Keep in mind these books are just suggestions and not necessary to complete your program!*

[The Little Red Hen](#)

[Drought](#)

[What the ladybird heard.](#)

[The Bee book](#)

[Look and find on the farm.](#)

[DK Reads – A year on the farm](#)

[Pigs: Beginners](#)

[What the ladybird heard next.](#)

[Farmer Duck](#)

[Little Blue Truck](#)

[Farming Jobs](#)

This Month's Activity Materials

Items to add to your regular craft & play resources include:

Cardboard boxes

Pool Noodles

Pictures of animals

Shaving foam

Kitchen sponges

Toothpicks

Playdough

Corn Cobs with husks

Seeds, grains, beans

Hay bales or sugar cane mulch

Lycra material

Egg shells

Large Bag of Soil

Vegetable seedlings

Junk mail/magazines

Egg cartons

Smooth stones

Tubs & Trays