



# WEEK 11: STARS

## NATURE WALK

Head out for a walk and take a magnifying glass with you. Look out for decaying tree trunks, mosses, feathers and leaf veins.



## Garden Jobs

Plant a Japanese maple in a pot and place in a sheltered spot in semi-shade. Enjoy the beautiful coloured leaves and their shape.

## Collect

Collect smells! On your nature walk take time to rub leaves between your fingers and smell the earthy smell, smell the greenness of a conifer

## Book Ideas

How to catch a star by Oliver Jeffers

Star in the jar by Sam Hay

The Solar System (Usborne Beginners) by Emily Bone

## RECIPES TO TRY

### Orange Hot Chocolate

Orange peels  
1 orange slice  
2 tbs cocoa powder  
1 cup choice of milk  
2 tbs sugar

In a saucepan on low heat, soak orange peels and orange slice in milk for about 3-5 min. Add cocoa powder and sugar and mix until combined. Discard orange slice and peels. Pour into a mug and garnish with marshmallows or whipped cream and orange slices.

## Provision and Provocations

Collect some willow and create a willow star decoration.

Hold your own starry night event

Add a star projector into your provision

Add star fairy lights into mason jars and display around the room.

Provide Van Gough Starry Night artwork as a stimulus and make sure you have a range of loose parts available to the children to respond to this imaginatively. Coloured glass gems, buttons, black fabric, tinsel, coloured beads, wooden star shapes.

Go out into the dark for a starry night walk and talk about what you can see.

If the children are showing an interest in space respond by creating a space themed tuff tray. A foil base with battery operated tea lights dotted around, egg boxes, silver and white beads and astronaut small world people.

Create a large white sheet for children to create a giant night sky mural with paint.



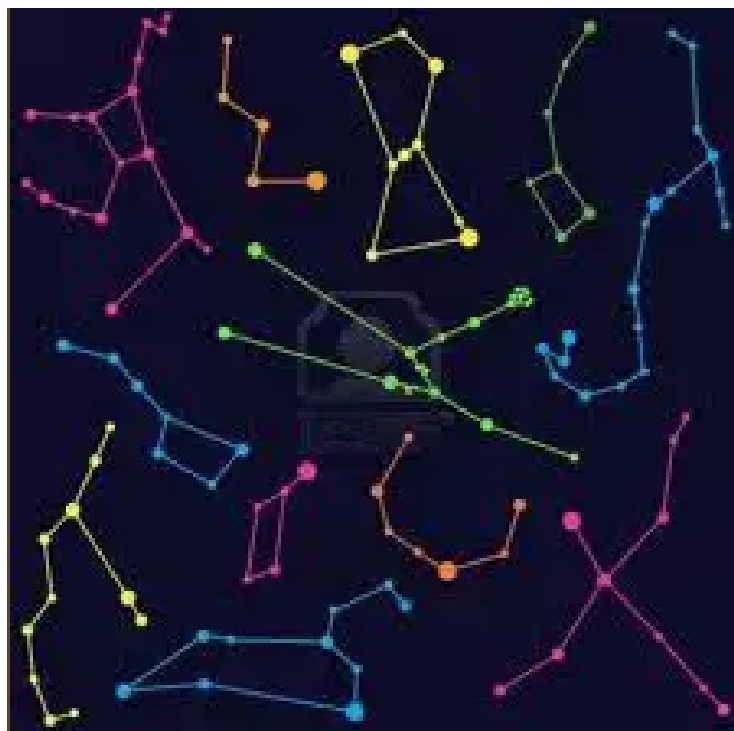
# STARS FACT FILE

For thousands of years, humans have watched the stars and wondered about them. Ancient people told stories about the stars.

Stars are giant balls of gas. Clouds of dust and gas swirl through the universe. Sometimes this dust and gas begins to collect in one area. As more dust and gas collect, the mass becomes heavy. It starts to swirl and becomes hot. When it gets really hot, it begins a process known as nuclear fusion. If this mass gets really big and hot, it becomes a star. The nearest star to Earth is the Sun, which is classified as a G2 yellow dwarf star.

People have used the North Star for centuries to guide them. Other stars move, but the North Star stays fixed in the sky.

Some stars go out with a brilliant explosion, called a supernova. Sometimes a supernova leaves a small, dense center behind called a black hole.





# NOVEMBER

November comes  
And November goes,  
With the last red berries  
And the first white snows.  
With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.  
The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring."  
- Elizabeth Coatsworth



Collect the last coloured leaves and have a go at pressing these. Let them dry, place them between sheets of plastic wrap and put in a heavy book for a couple of weeks.



# STAR BREATHING

Follow the points of the star with your finger to inhale and exhale. This slows down breathing and helps with self regulation.

Inhale

Exhale

Inhale

Exhale

Inhale

