

## KNEE HIGH NATURE

*Our three-hour workshops are offered throughout the year – for professional development credit*

### FALL

*Insect Hide & Seek  
Sensational Spiders  
Birds of a Feather*

### WINTER

*Track Detectives  
Winter World  
Owls*

### SPRING & SUMMER

*Wonders of Water  
Frolicking Frogs  
Honeybees*

In addition to our regular workshops – consider hosting a **Family Fun in Nature Day** at your site. Our staff works with yours to design and coordinate a morning of seasonal activities for young children and their families. Let us help you provide parent involvement opportunities and establish connections to support children and the families in your community.

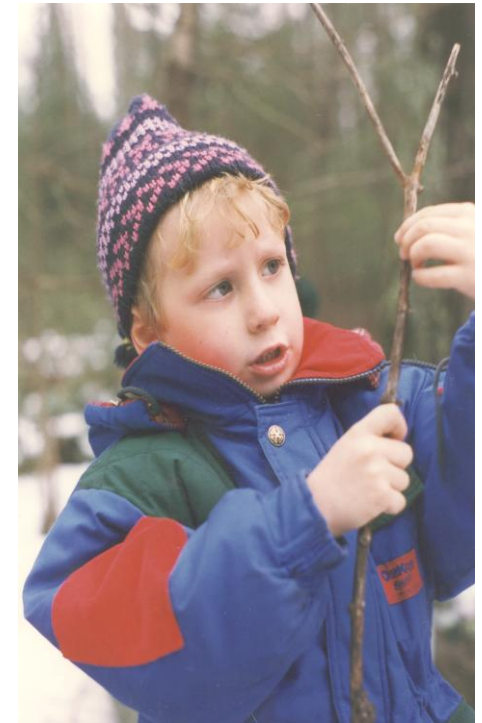
**STARS – Arena III  
Families and Communities**



**Four Winds Nature Institute**  
4 Casey Rd., Chittenden, VT 05737  
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[www.fourwindsinstitute.org](http://www.fourwindsinstitute.org)

## KNEE HIGH NATURE

**Professional Development for  
Early Childhood Educators and  
Child Care Providers**



**Four Winds  
Nature Institute**

Community-based natural science  
education and research

[www.fourwindsinstitute.org](http://www.fourwindsinstitute.org)

## **KNEE HIGH NATURE PROFESSIONAL DEVELOPMENT**

In each of our workshops, participants engage in hands-on activities appropriate for pre-kindergarten and kindergarten-aged children with attention to VT Early Learning Standards (VELS).

### ***Each 3 Hour Workshop Includes:***

- *Modeling and active participation in hands-on, age appropriate activities and outdoor explorations*
- *3 hours of professional development with core competencies in teaching and learning, curriculum and content*
- *Printed guidelines and teaching materials*

***Designed for early childhood educators, child care providers, parents, librarians, camp counselors and playgroup leaders***

*Group workshop fee of \$400 for up to 25 participants includes all program materials; Or, \$40 tuition per person at regional workshops. Check our website for listings.*

For more information, visit  
**[www.fourwindsinstitute.org](http://www.fourwindsinstitute.org)**  
or contact ***Deb Parrella, KHN***  
***coordinator at 802-434-4872***  
or 802-353-9440  
[khn@fourwindsinstitute.org](mailto:khn@fourwindsinstitute.org)

## Four Winds Nature Institute

# **KNEE HIGH NATURE THROUGH THE SEASONS**

### ***Insect Hide and Seek***

Learn how protective coloration helps insects to survive by matching insects to their surroundings, finding them in the wild, and through a puppet show and storytelling.

### ***Sensational Spiders***

Investigate the amazing life of spiders through song, interactive play, and outdoor observation of spiders and webs.

### ***Track Detectives***

Use tracks, patterns, and traces as clues to discover animal habits and activity in winter through movement, games, and track stories.

### ***Winter World***

Learn about the different ways animals survive the winter through discovery games, questioning, imaginative play, and a puppet show.

### ***Owls***

Discover the unique adaptations of owls by investigating what and how they eat, and how they communicate and hunt under the cover of darkness.

### ***Wonders of Water***

Explore water through hands-on investigations both indoors and out. Using simple tools, experiments, and games to test ideas, discover some of the many wonders of water.

### ***Frolicking Frogs***

Get to know frogs from eggs to adults through role-playing, observation, a puppet show, and listening to and imitating frog calls.

### ***Honeybees***

Live the life of a honeybee through imitation and movement, bee building, honey tasting, and a puppet show.

### ***Feathered Friends***

Learn about birds and feathers, eggs and nests, flight and feeding behavior, through hands-on activities and games, a puppet show and outdoor nature play.

***Investigating - Problem Solving - Observing - Exploring - Questioning -  
Playing - Appreciating - Listening - Engaging - Sensing - Expressing -  
Cooperating - Gathering & Recording Information***