

# Session 1: Picking Nettles (to clear workable area)

## Learning Intentions:

- Be able to recognise a nettle plant
- Learn how to safely pick nettles (using gloves for some learners)
- Participate in a group activity outdoors (with a specific role in the group e.g. nettle picker, wheelbarrow driver etc.)

## Materials Needed:

- ✓ Visual aids
- ✓ Laminated step-by-step guide with symbols/pictures
- ✓ Gloves for those who want to wear them
- ✓ Long sleeved tops/trousers/good shoes
- ✓ Hand trowels
- ✓ Wheelbarrows
- ✓ First aid kit
- ✓ Rope/flags to mark out area you're working in for the session

## Lesson Plan

### Beginning:

Use picture cards to introduce nettles:

- What they look like
- Where they grow
- Why they sting

Show the gloves and tools we'll be using in the lesson. Possibly nettle that's already been picked to show the children.

### Middle:

Once in the space, set out flags/rope and explain that children are not to go beyond this area. Demonstrate how/help to put on gloves. Demonstrate how to use the hand trowel to get the nettle up from the root. Show the wheelbarrowers where to take the nettles.

### Plenary:

Children can show or share how they felt about the activity/their job by sharing their thoughts or giving thumbs up/down.

Children remove gloves, lock gate, showing that this lesson is finished.

### Extras:

- Those who enjoyed the task could perhaps continue with the job over the next week
- Possibility of using the nettles to make nettle tea or nettle soup?

**Evaluation:**

The children managed to clear more space than the teachers thought they'd be able to, and the children really enjoyed it! A frog was found amongst the nettles and all the children were excited by it. The frog was used as an opportunity to engage the children in further learning and thinking, where did the frog come from, what does a frog eat, how does its skin feel etc.

*“The kids really enjoyed that. I can’t believe how fast they worked.” – Class PSA*