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Growing up with Nature



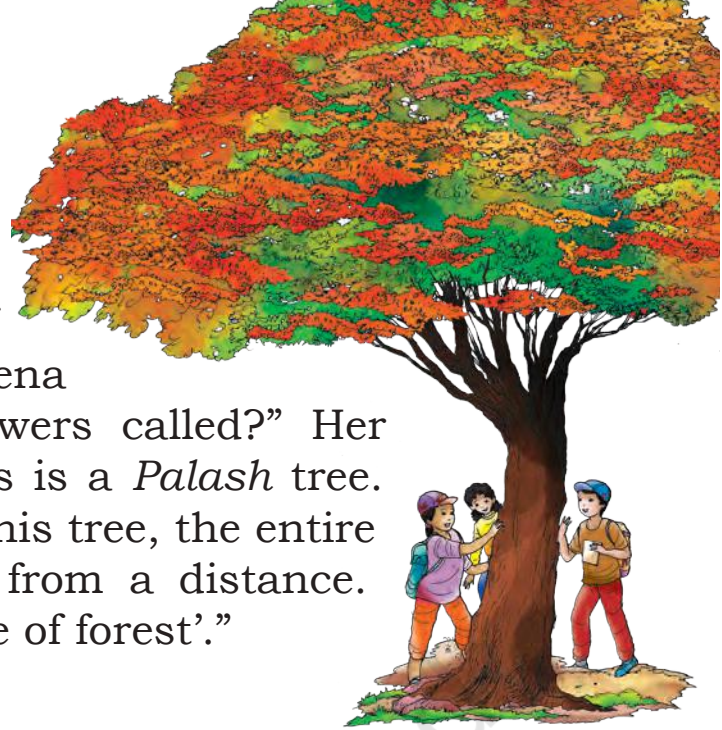
A Journey Through a Forest

Reena and Amit were excited about a family trip. They were going to their village near a forest. It was the time for a harvest festival. Besides that, it was also a special occasion. On that day, their village was also going to be a fully solar-powered village! They could not wait to see the whole village lit up for the celebrations.



Welcome to the Village!

As they entered the village, children noticed trees full of bright orange-red flowers. Reena asked, “What are those flowers called?” Her father smiled and said, “This is a *Palash* tree. When the flowers bloom on this tree, the entire forest looks reddish-orange from a distance. So, *Palash* is called the ‘flame of forest’.”



Activity 1

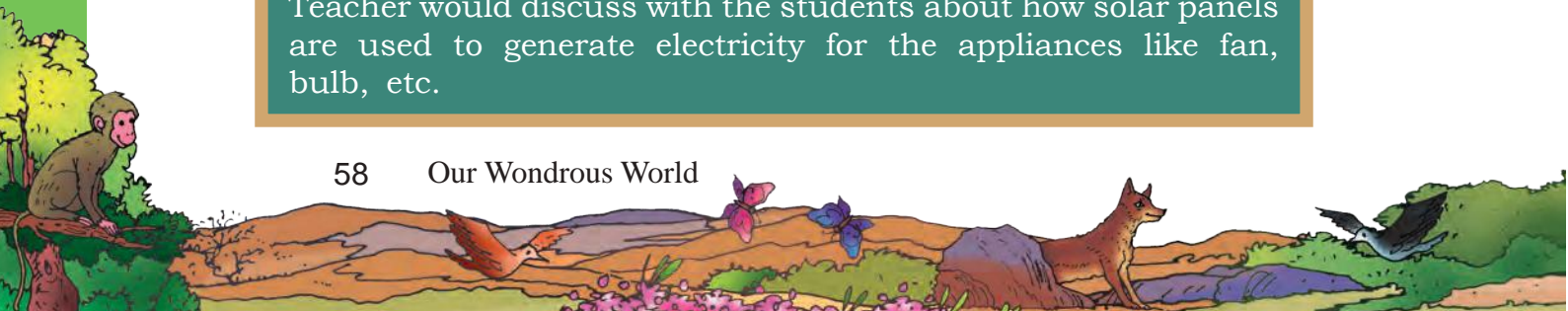
1. Write names of five colourful flowers in your area. For example, *Palash* is called *Kesuda* in Gujarat.



Name of the flower	Local name	Draw and colour flower of your choice

Note to the Teacher

Teacher would discuss with the students about how solar panels are used to generate electricity for the appliances like fan, bulb, etc.





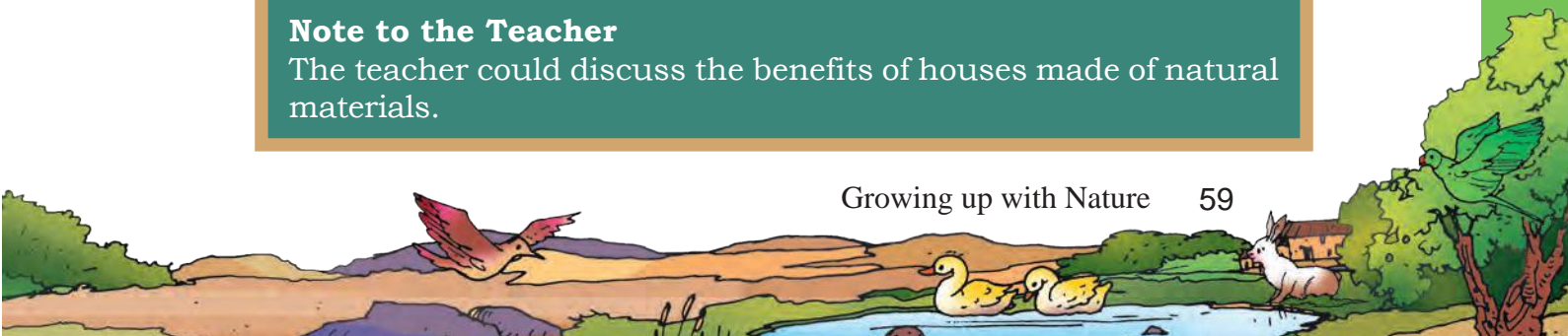
The village was decorated for the celebration.

Amit: Ahh! These houses look so different from houses in the city. The decoration on the wall is so beautiful!

Mother: Amit, these houses are made using clay, hay, cow dung, and other natural materials. Look, this painting is done by your grandmother. She has used a dye made by mixing rice flour and water.

Note to the Teacher

The teacher could discuss the benefits of houses made of natural materials.

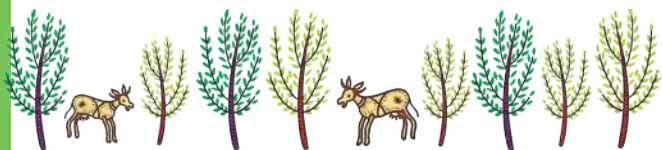




Activity 2

Make the model of a house using materials from nature such as clay, wooden sticks, hay, grass, leaves, etc. Decorate it with an art form of your choice.

Reena and Amit started playing inside the house. They noticed that their grandmother was painting on a cloth. Amit asked about the paints. The grandmother told the children that the paint was made of natural extracts of flowers, leaves and with the powdered coloured stones.



Do you know?

Gond art is a form of painting on walls using natural colours. The artists make pictures of nature like trees, animals, birds and humans.



Activity 3

Let us prepare a natural dye.



Step 1. Collect some flowers, leaves, barks, and roots, such as beetroot, hibiscus, and marigold that have colouring properties.

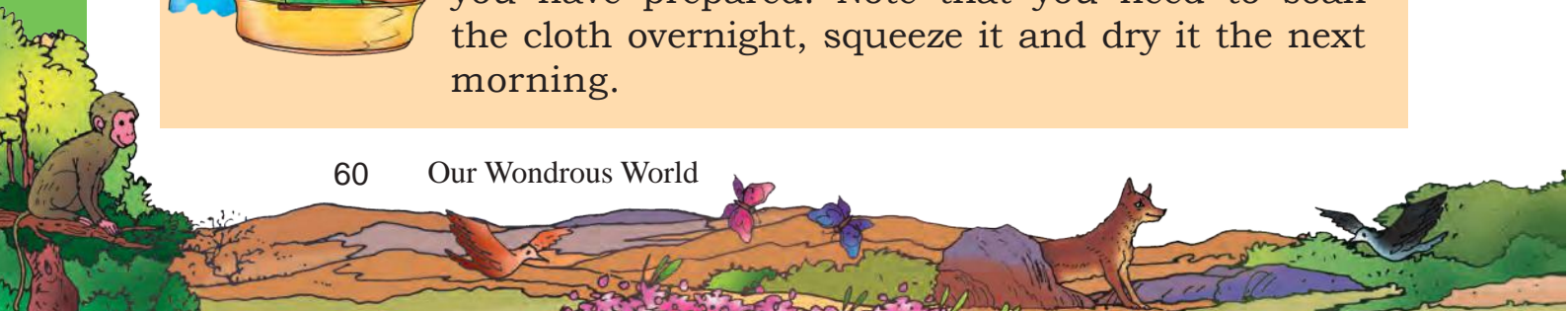


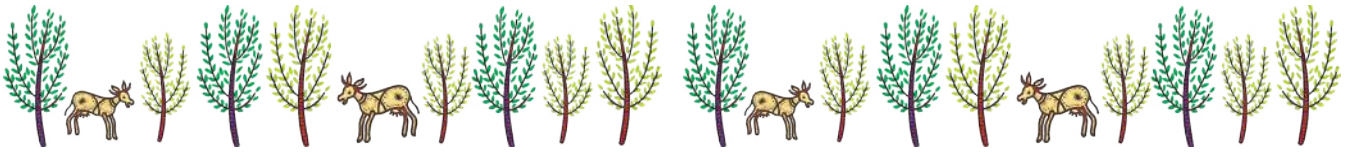
Step 2. Boil any of the collected plant parts in approximately 1–2 litres of water for 30 minutes to an hour covering the container with a plate. (Please take help from your teacher or an elder.)



Step 3. Strain the liquid to remove the plant materials, leaving behind the natural dye.

Now, try to paint a piece of cloth such as a light-coloured handkerchief or hand towel using the dye you have prepared. Note that you need to soak the cloth overnight, squeeze it and dry it the next morning.



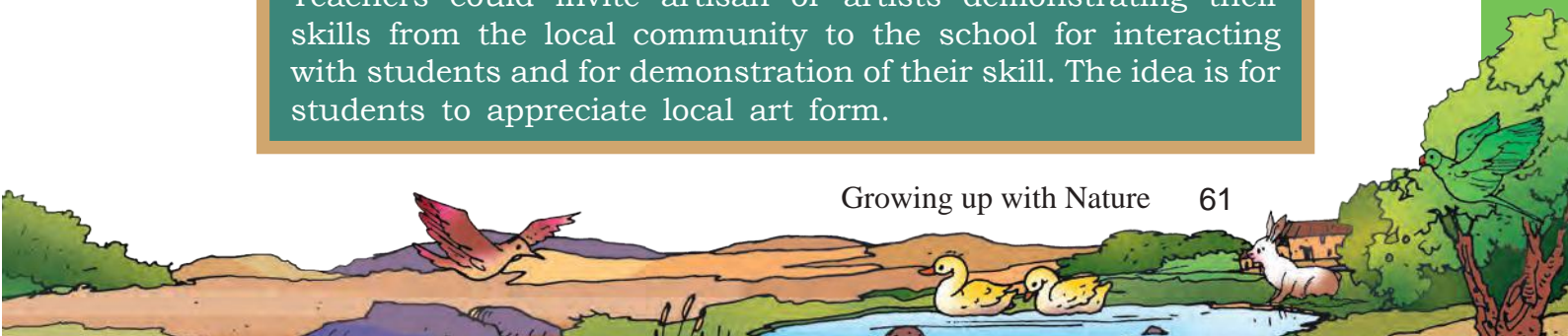


The children were curious to see the tools used for farming and extracting honey. There were earthen pots and bamboo baskets, in the house, to store grains. Earthen pots were lined inside with neem leaves. The bamboo baskets were coated with cow dung on the outside. With this method, the stored grains remain protected from insects and pests.



Note to the Teacher

Teachers could invite artisan or artists demonstrating their skills from the local community to the school for interacting with students and for demonstration of their skill. The idea is for students to appreciate local art form.



Do you know?

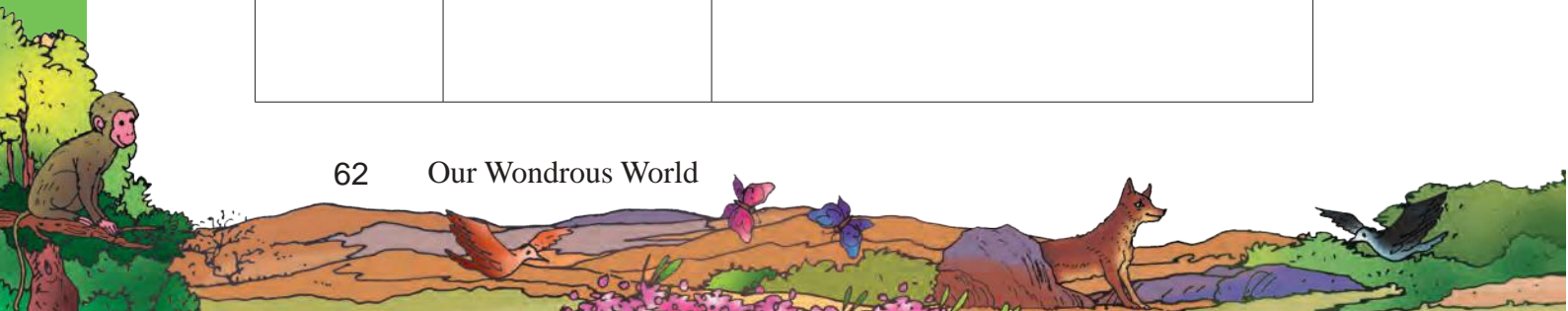
The *Jenu Kurubas* is a tribe from Karnataka. Their name comes from the word 'Jenu,' which means honey. When they collect honey from beehives, they sing songs to apologise to the bees. This shows their respect for nature.



Activity 4

Find out some traditional ways of preserving grains and vegetables at your place, and fill the following table. One example is given.

Name	Commonly used in which state	Details of the container
Tumri	Uttarakhand	Constructed with a round or oval shaped dried bottle gourd



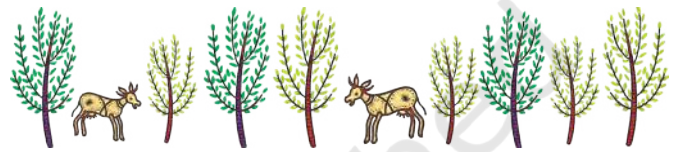
Reena and Amit got ready for the celebrations. Their grandfather took out a bottle of liquid from a box.

Dada ji: This is a mixture made with neem oil. If you rub it on your hands and feet, the mosquitoes will not bite you.

Reena: Dada ji, is it a first-aid box? I have also prepared a first-aid box. We keep some medicines and mosquito repellent cream in it, bought from the market.



Activity 5



Discuss with the elders in your family and write the name of the plant, its parts, and its uses, in the table given below.

Name of the plant	Parts of the plant	Use(s)
Indian basil (<i>Tulsi</i>)	Leaves	
Carom seeds (<i>Ajwain</i>)		



DISCUSS

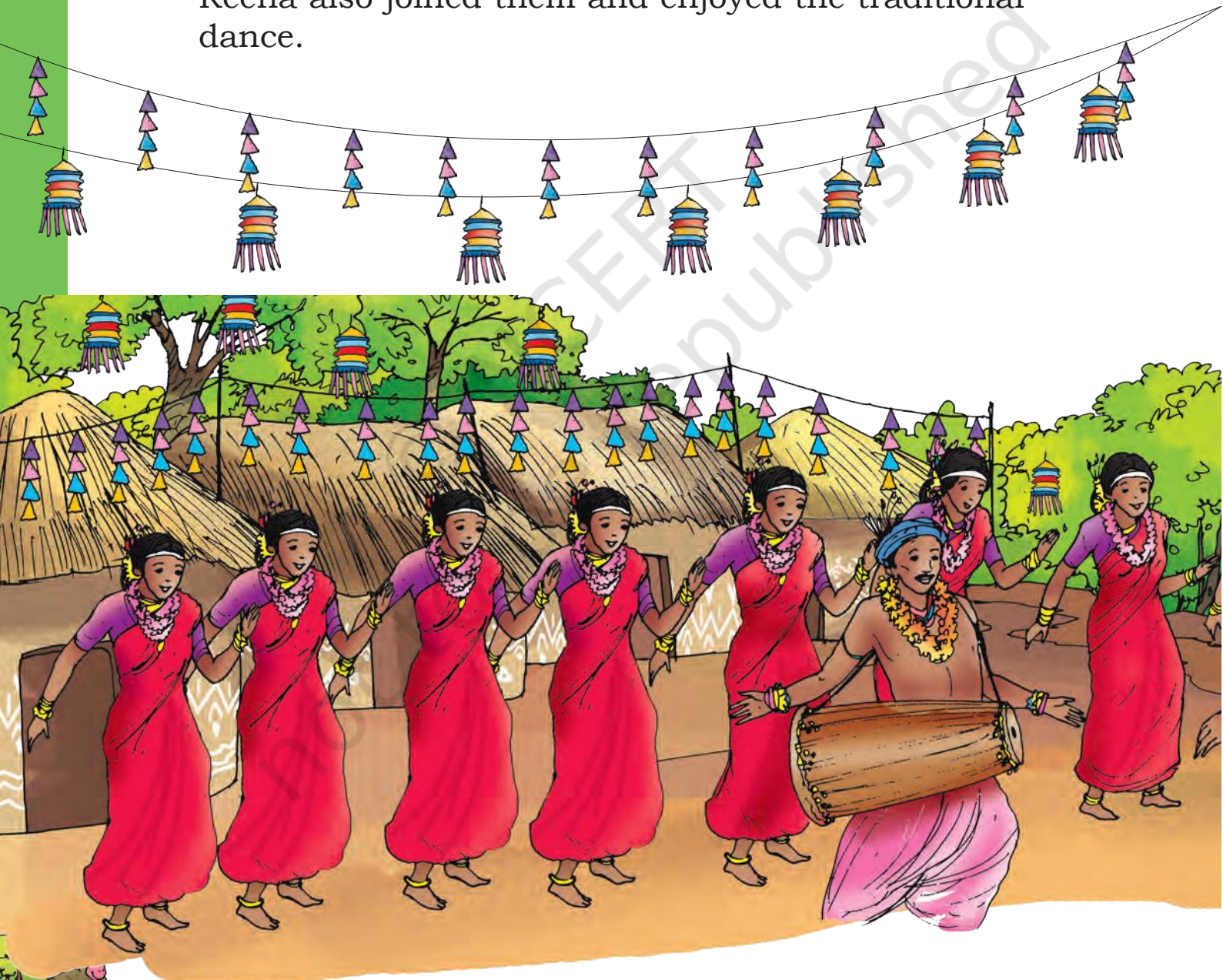
1. What things should be kept in a first-aid box?
2. Why do you think providing first-aid is important if someone gets injured?

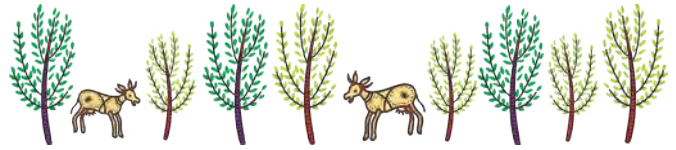


Sparkling Light, Happy Life



In the evening, the whole village was lit up with colourful lights. Everyone gathered in a big field. People were wearing traditional clothes, and jewels. Before the festivities started, prayers were offered to the God and mother nature. The sound of the *dhol* and *nagada* filled the air. Vibrant beats made everyone tap their feet in celebration. Amit and Reena also joined them and enjoyed the traditional dance.





Activity 6

Find out the traditional dances and songs of your region. Perform a traditional dance with the help of your classmates and teachers for the Annual Day of your school.

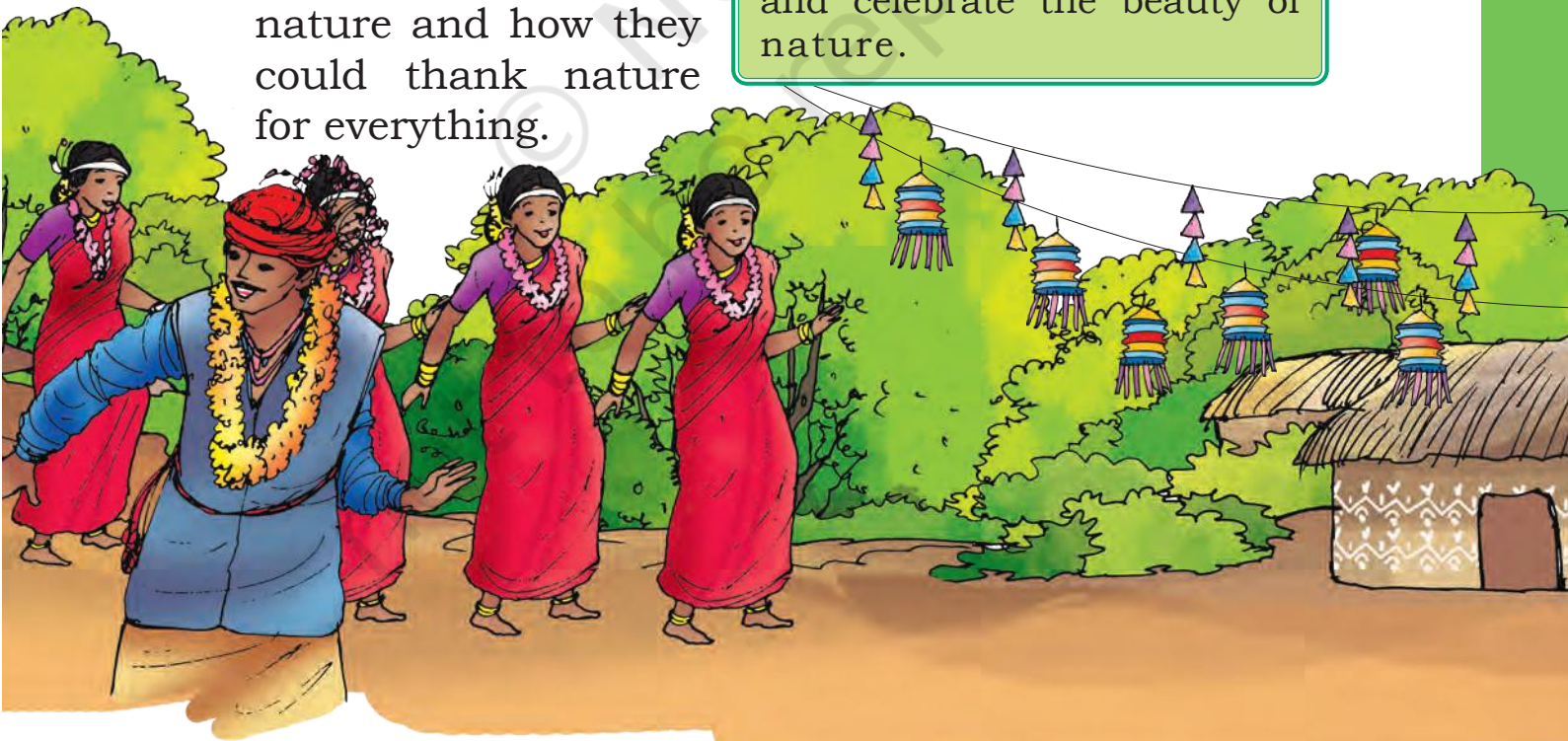
Discuss

Imagine if there is no light in your area for two days. What changes will you see in your life?

Reena and Amit were amazed at the beautiful connection the people of their village had with nature. They started thinking about what they could do for nature and how they could thank nature for everything.

Do you know?

Sacred Groves are small patches of forests, protected by local communities. The trees and wildlife within them are preserved. These are important places for the community to gather, worship, and celebrate the beauty of nature.



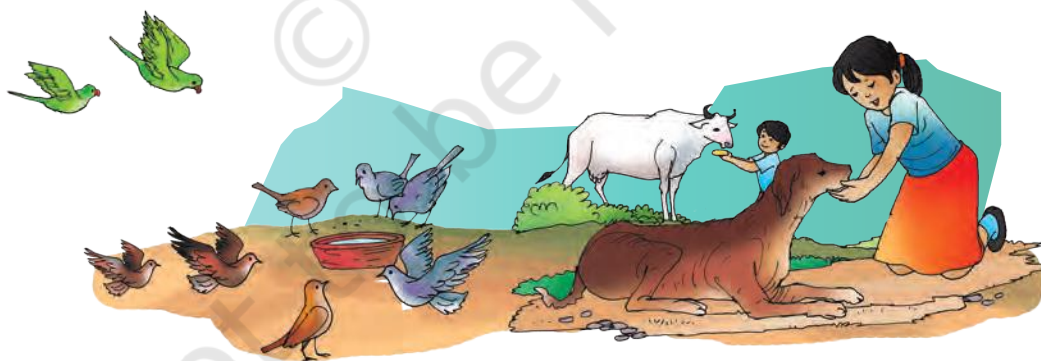
Activity 7



Talk to your elders and find out the rituals in connection to animals and plants which are celebrated in your locality. A few examples are given below.

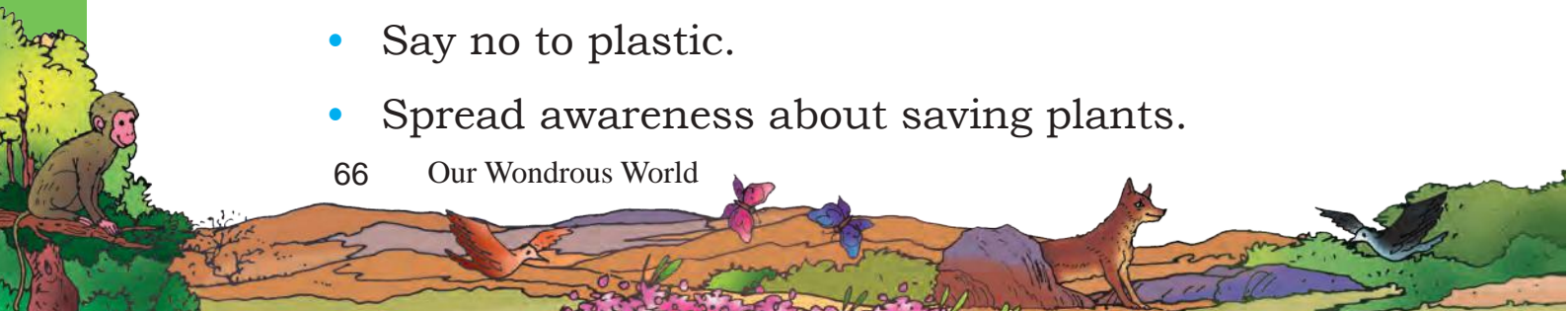
Name of the festival	Plants/Animals associated	Activity
Vat Purnima	Banyan tree	Worshipping
Hari Jiroti	Fruit-bearing trees	Plantation
Kaziranga Elephant Festival	Elephant	Awareness drive

We worship many plants and animals in the different parts of our country. This indicates our rich tradition of respecting and protecting nature.



Here are some ways to care for plants and animals in our surroundings.

- Reduce paper waste.
- Say no to plastic.
- Spread awareness about saving plants.





Keep food and water for birds.



Plant trees.



Organise a clean-up drive.



Let us reflect

1. What are the things that we use from nature in our daily life?

Activities	Collected from nature		
Eating	Fruits		
Clothing	Cotton		
Healthcare	<i>Neem</i>		
Any other			

2. What challenges arise when we overuse natural resources?

For example, if we overuse wood from nature, our forests deplete.

Water: _____

Soil: _____

Sea products: _____

Any other: _____



3. How can we protect the natural environment around us?



At home



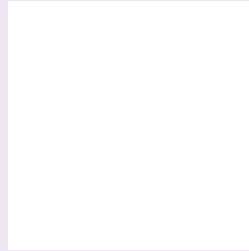
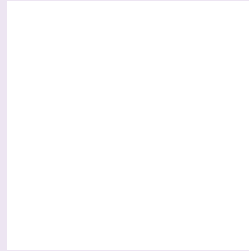
At school



In parks



In our locality



4. Design your herbal garden

Here is a space for your herbal garden. Draw pictures of your favorite herbs in different parts of the garden and write down their names. Are there some herbs that you like less? Draw them too!

