

FRIDAY

[Story](#) [Exercises](#) [Artistic Lesson](#)

[End of Morning Story](#) [Nature activity](#)

ACADEMIC LESSON

MEMORIZATION

Ask the children to remind you of what they learned the day before about plants and their helpers.

STORY TO BEGIN THE DAY (READ BY AN ADULT)

Antonin, 8 years old

"There is, however, something that I do not understand. And that is, if insects are as important as we say there are, and we know they are, why then are we killing them in the fields with sprays? Mom said, without insects, no plants, and without plants, no healthy soil, and without soil, no plants, well, that sounds simple, but what's the problem with insects then?"

As soon as we started the video call, I prevented them from doing all their chatting by asking my question immediately. Lucia laughed and said,

"Hey, hello Antonin!"

"Yes, hello, hello everyone, great, I'm glad to see you, super happy, so now let's start!"

Mom smiled and said, "Ok let's make you happy and start right away today!"

Phew! We still said hello first and how we were doing and all that and I said,

"I beg you, say that things are going very well and that you have nothing to share!"

There they all burst out laughing, and mom finally answered my burning question.

But as usual, she answered with another question ...

"So, what do you think would happen if we tried to grow a vegetable patch, or an orchard, and just let the insects and worms do whatever they wanted?"

"They would eat everything," said Antonio.

"And the birds would also eat everything," said Solange, "they like fruit too much!"

"Yes," said Lucien, "that's why Grandpa sprinkles clay on his apples; that way worms don't eat them."

"How does he spray clay?" asked Laurie who is used to the heavy clay we use for modeling.

"Actually, he dilutes it in water," I explained, "and with a sprayer he can spray all the apples with it. Then the water dries up and it stays as a thin layer of clay that discourages worms."

"But the worms, I thought they were in the ground," said Charlotte.

"You're absolutely right," said mom, "earthworms are in the earth, and they don't climb Grandpa's trees to eat his apples! But many insects are a kind of worm at first."

"Really?" Lucia exclaimed, and she almost jumped!

"Yes, flies, bees, ladybugs, ants, fleas... they all start their lives like little worms called larvae that feed on leaves, fruits, etc. And one day they end up turning into insects, so they can walk and even fly sometimes."

"But that's impossible," said Laurie. "Insects and worms don't look alike at all, not at all."

"You're right," said Mom. "For an insect, to pass from the "larva" form to the adult form, it is almost like a death, because so much is transformed. It locks itself in a cocoon to do this transformation, and there a whole part of it dissolves, really as if it died, except that it does not die, its body reorganizes, and from the dissolved parts, its wings, its legs, its shell and all its parts are formed. At first it is still as soft as a worm, but then its body hardens and its wings spread."

"That's amazing!" said Lucia.

"But you already knew that," I said, "it's like butterflies that transform in their pupa."

"Yes, but I thought it was only butterflies, because they are magic."

"So there, all the insects are magic," I said smiling.

For children under the age of eight, you could stop reading here.

If you continue reading for older children, the younger ones can at this point change activities for example they can draw a picture of the story or play calmly.

READING

Depending on your child's reading level, you can ask him to read the text (partly silently and partly out loud), or you can read it to him, or alternate reading it out loud.

When he reads it out loud, help him to read slowly and clearly and follow the punctuation (pause when there is a period, give expression to exclamation and question marks, etc.)

"So, insects and worms are from the same family," said Léonie. "That's why they all do the same job of taking care of the soil and plants ..."

"Yes, they are all builders of the soil and the forests," said mom.

"But there are insects that are born already with their adult form," I said. "I know because I raised beetles last summer when we were in France, and my beetles mated, then their little eggs were born, then the baby beetles came out; they were like beetles but tiny and all red."

"Yes," said mom, "there are also insects that come out of the egg already well formed, like the beetles, the locusts, the grasshoppers... Then they grow, they form even more, and their bodies harden."

I kept thinking. And I said,

"Caterpillars are actually larvae."

"They are butterfly larvae, yes," said mom.

"And maggots?"

"That is the name we give to fly larvae. And they are very important; they eat and decompose dead animals, to mix them with the earth."

"What about slugs?"

"Ah no, they are not larvae, they stay like that all their life."

"Do they also take care of the soil?" asked Laurie.

"Absolutely!" They too participate in decomposition. And then the mucus they secrete is very good for the soil, it is like a moisturizing and nourishing cream!"

"And snails too, they do that?" asked Léonie, who loves snails.

"Of course," I said.

"All kinds of little bugs on the ground are important," said mom, "because they don't all eat the same thing, and it's when we have them all in balance that our vegetable garden is in balance."

"Yet it's really terrible to have lots of slugs in your vegetable garden," said Camille, "because they eat everything."

"That's right," said mom. "But if a creature proliferates too much in a vegetable patch, there is always a reason. In the case of slugs for example, if they all start to eat lettuce, it may be that they no longer find enough of their real food; dead plants, mushrooms, lichens... Sometimes it is because we maintain the vegetable garden too much! We remove all the mosses, all the plants that are dying, everything, everything that is not our vegetables. So, there is nothing left for the slugs, nothing to decompose, and they will eat the fresh lettuce instead! Yet they would prefer to eat dying lettuce leaves."

"Haha, I always say that you shouldn't work too much!" said Rebecca. "Now I have proof. Leave your vegetable garden alone, and the slugs will leave your lettuce alone!"

"Still," I said, "it's a lot of work, a vegetable patch."

I know because we have one."

"Yes," said Melody, "a vegetable garden requires a lot of care, because if it is not looked after properly, plants can get sick or be overwhelmed by wild grasses or

insects. But Rebecca is right, you always have to keep the balance. Sometimes when we do too much, it has the opposite effect of what we were hoping for."

We all thought a little bit in silence about what she had just said, because we liked it.

And then she continued,

"Remember, I told you yesterday that there are also animals which, thanks to their presence, regulate the populations of critters and herbivorous animals, because otherwise it is true, plants would spread and multiply too much in the landscape. Well sometimes, there can also be too many slugs in a vegetable garden because no animals eat them. It may be because we have pulled out so many "weeds" and bushes that small animals are no longer attracted to our vegetable garden, since they can no longer hide there."

"Why do we call them weeds?" I asked.

"We could call them "plants that are not part of what we want to grow in the garden", but it is shorter to say "weeds". We remove them so that they leave room for what we really want to grow. But if we remove them too much, it disbalances the garden, and some critters can no longer come to take care of it, or other critters become too numerous and begin to devour our vegetables."

"That's why we use pesticides, when there starts to be too many slugs or too many worms eating the plantations," I said.

"Yes, but it often only makes the problem worse," said mom. "If we hunt all the critters, they will no longer be able to do their job of feeding and aerating the

soil, so we will have to do it ourselves, by plowing for example, and we can't do it nearly as well as they do. The soil will become less rich and less able to absorb water and air, and that will cause a lot of problems, like floods, less nutritious vegetables, etc. Not to mention that pesticides also kill all the insects that are so badly needed, such as bees and all pollinators."

We became very attentive, and she continued gently,

"Remember that the landscape is a magical and delicate balance. Each little creature has its importance, as long as it stays in balance. When you create a garden or vegetable patch, it is better to work in harmony with nature, because if you introduce an imbalance, it will not be easy to fix."

"So that's what I said, leave the vegetable gardens alone," said Rebecca.

"That doesn't mean we can't protect our gardens," said mom. "We want the little animals to leave our vegetables in peace, and rather decompose what is dead. There are plenty of methods for that, which discourage critters without completely unbalancing the garden. Grandpa's clay for example."

LESSON 1ST AND 2ND GRADE

Please see the document "Academic Exercises".

LESSON 3RD - 7TH GRADE

Please see the document “Academic exercises” to choose the exercises you want to do.

To be copied in the beautiful notebooks

The Balance of the Landscape

*Nature creates a magical and delicate balance.
Each little creature has its importance.*

*In forests and gardens,
in the fields and near the marshes,
in vegetable gardens and orchards,
and even on the side of the roads,
if the balance is preserved,
then the soil is rich and stable,
and the landscape flourishes.*

ARTISTIC LESSON

MODELING: PLANET

Ideally one uses clay for the 3rd graders and up and beeswax for the younger ones. If you don't have one or the other you can also use salt dough or plasticine or similar.

Make a round sphere with your palms; take your time, don't roll it on the table, use only your hands.

Then pretend that your hands and fingers are the wind and water that sculpt a planet from the outside and the heat that carves it from the inside; through pressure, sliding, warming in your hands... add mountains, valleys, deep oceans; all the reliefs you want on this sphere.

Don't hesitate to create a completely imaginary planet and to make it evolve as much as you want.

Salt dough recipe

Ingredients: 2 glasses of flour; 1 glass of fine salt; 1 glass of warm water

- 1- Pour the flour and salt into a bowl.
- 2- Mix by stirring with your hands or a wooden spoon.
- 3- Add water
- 4- Mix to obtain a firm, flexible dough that does not stick to your fingers. (you can also use a mixer)

If the dough is too soft and sticky: Add more flour and knead.

If the dough is too dry and crumbly: Add water and mix well.

END OF MORNING STORY

The following story is adapted especially for the 3rd grade and up. For the 1st and 2nd grades, it is better to focus on the evening story and the one that opens the morning, otherwise it would be too much for them.

MEMORIZATION

Ask the children to tell you the story from the day before.

TO BE READ BY AN ADULT:

Simon, 6 years old

I usually play and knit during morning school, but Charlotte told me there was a baby saved from the water so I came to hear the story.

Because I love babies.

Mom said,

"The little baby was well protected in the basket, in the middle of the reeds that bordered on the Nile. He stayed there for several hours, but he was not alone.

An angel came to him, and placed on him a cloak of light, an invisible cloak, which would protect him forever, and which would allow him as he grew up to perceive with clarity the mysteries of the world. It was like a new skin on him. A skin of light, woven by the hands of angels; a veil purer than the snow, more radiant than the sun, finer than the air. Because this little child was destined to save his people. But not only his people. To free all human beings from discord and hatred, by revealing the wisdom of heaven on earth.

All the while, Myriam, the baby's sister, had been hiding from a distance, to see what was going to happen to her little brother.

And that very day, the princess, the pharaoh's daughter, went down to the river to bathe there. Her ladies-in-waiting strolled peacefully along the river."

"What are ladies-in-waiting?" I asked.

"They are the young women who follow the princess wherever she goes, to keep her company."

"Ya, so basically they are her friends," said Charlotte.

"Yes, they are her friends, but it's not exactly the same because she is a princess, so her friends must obey her, they have no choice."

"Oh, that's not fair!" she shouted.

"It's not like that today, don't worry. At that time, it was normal. The attendants were very happy to be in company with the princess, who was so sweet and radiant."

"Oh well..." said Charlotte quietly.

"But keep going mom!" I said.

"You were the first to interrupt," said Charlotte.

"Yes, but it was you who continued," I said.

"Can you guys please stop?" said Hippolyte.

So, we let mom speak.

She continued,

"The princess sometimes liked to swim alone, without her attendants. She liked to feel the strength and calm of the river around her in solitude."

"I like that too," said Léonie.

"I know," said mom.

"So, the princess was like you, she liked to swim alone. However, she was a little older than you. But not much more! She was a young princess. And while she was bathing, she saw the basket hidden in the reeds.

Her father had explained to her when she was still a little girl that she had a great responsibility as a princess. The best teachers in the kingdom took care of her, so that she would develop in grace, beauty and wisdom, and be an inspiration to all Egyptians. Everyone loved her and they needed her in the kingdom. Therefore, she always had to be careful to protect herself from anything that could harm her. Above all, she was not allowed to approach anything without first knowing what it was and if it was dangerous.

But she saw a soft light shining on the water and the reeds. She felt it was very important. So, she called her servant and asked her to go and take the basket. The servant slowly approached this mysterious object, then she saw that it did not look dangerous, and on the contrary, that it looked infinitely precious, because she felt good just by looking at it. She took the basket with devotion in her hands, and brought it to the princess.

So, the pharaoh's daughter opened it and she saw the child. It was a baby boy, he was crying.

She loved him immediately. And she felt sorry for him, because she knew that by order of his father the pharaoh, he was supposed to die, and that was why he was there, abandoned in his basket, crying alone. She understood everything, and said in a very soft voice, "He is a child of the Hebrews."

She constantly saw the soft light, which radiated from the child's body and transmitted tender warmth to her. So, her pity changed to veneration, and she resolved to do everything in her power to allow the baby to live and make this light grow on earth.

Hearing the princess's tender voice, little Myriam had regained courage. She came out of her hiding place and respectfully approached the pharaoh's daughter to ask her,

"Do you want me to go find for you, among the women of the Hebrew people, a nanny who could feed the child for you?"

The princess knew that her father's will was for all of the baby Hebrew boys to be thrown into the Nile.

But she also knew that her father adored her, and that he would surely let her keep this little child with her.

So, she said to Myriam,

"Yes, go get a nanny."

The little girl returned with her mother. And the princess said to her,

"Take this child which I have adopted, and feed him for me. I will give you a salary, since he is now my child."

She knew it was the only way to protect the baby. If the princess herself had adopted him, no Egyptian would dare to harm him, even if it was to obey the pharaoh's orders, and even if they were afraid of the Hebrews.

So, the mother took her baby away and fed him.

When he was not a baby anymore, she brought him back to the pharaoh's daughter, who treated him like her own son. She gave him the name of Moses, which means "saved from the waters". And she said, "He's my child now, I pulled him out of the water."

And the little one's mother was happy. She told herself that her son, by being adopted by the princess, escaped slavery and all the miseries of the people of Israel. It was with great joy that she left her child at the palace, even if she missed him. But since she had been his nanny, she had the right to visit him often. She never told him who she really was, because she wanted him to grow up peacefully among the Egyptians, regardless of her."

"She's so generous," said Camille with tears in her eyes.

"That's what a mother is," I said; "she will do everything for her child, even if she suffers from being separated."

"Yes, my darling, that's right," said mom, and she hugged me before we went to do our chores. ■

NATURE ACTIVITY

IF WALKING OUTDOORS IS POSSIBLE

Adopt a tree

Did you know that not only humans and animals love to receive attention, but also plants? We even discovered, that when we spend time every day near a plant, talking to it kindly, or thinking kindly about it, it grows better!

Choose your tree, not far from home. A tree that you can go to see every day, or at least every week.

Spend time near it, look at it, touch it... You can even smell it, or talk to it... or hug it! Take the time to really look at it. How are the branches? How are the leaves? Remember that this attention does it good...

If you can, sit in silence for a few minutes, with your back against the tree.

Just sit or stand there, feel its protection, feel its life.

The trees are so full of life that sometimes a sick person can feel better just by touching them!

Think of its roots going deep, deep into the earth, as deep as its branches go high in the sky.

And then think of its branches which go up, which extend ...

Try to be like it, to feel grounded in the earth and at the same time light towards the sky.

IF WALKING OUTDOORS IS NOT POSSIBLE

Adopt a green plant

Did you know that not only humans and animals love to receive attention, but also plants? We even discovered, that when we spend time each day near a plant to speak to it kindly, or to think kindly of it, it grows better!

Choose a plant at home, and take care of it; dust its leaves with a damp cloth, it does him a lot of good, because it can receive air and light better by being free from dust!

Spend time with it, look at it, touch it ... You can also smell it, or talk to it ...

Take the time to really look at it. How are the branches? How are the leaves? Remember that this attention does it good...

If you can, sit in silence for a few minutes near your plant.

Just sit there, feel its life.

Plants are so full of life that sometimes a sick person can feel better just by touching them!

Think of its roots which delicately and firmly sink into the ground.

Think of its rising leaves, which spread...

Try to be like it, to feel grounded in the earth and at the same time light towards to the sky.

