

# Holistic Learning

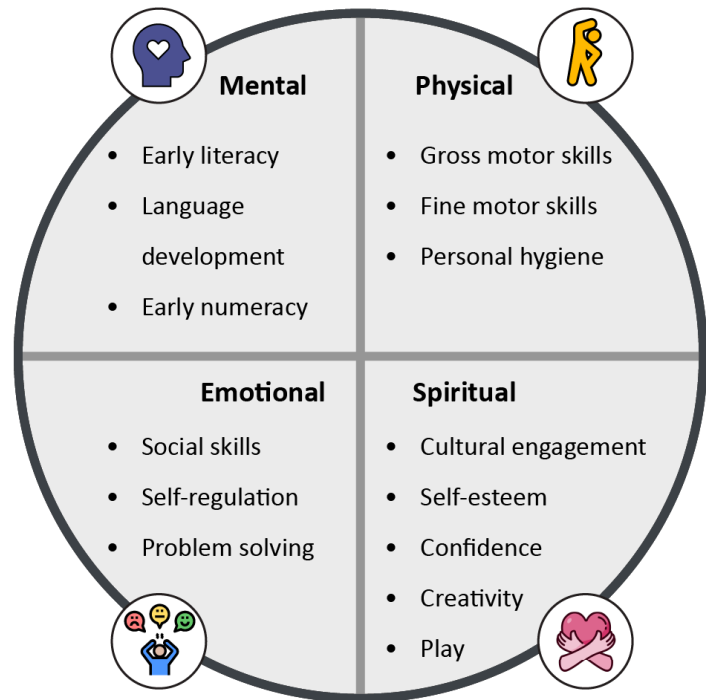
**Holistic learning** focuses on nurturing the development of the whole child. It addresses learners' **mental, physical, emotional, and spiritual domains**. Holistic learning supports multiple intelligences, fosters emotional and social growth, encourages creativity and critical thinking, and connects learning to everyday experiences.

→ How do I engage my learners in holistic learning?

Use early childhood pedagogical approaches, such as **play-based, inquiry-based, experiential** and **nature-based learning**, to support development across the four domains. Design learning activities that reflect learners' **language, culture, and lived experiences**. Learners are most engaged when learning connects to their interests and what is important to them.

→ How can I support early learners?

- **Support learning through relationships and encouragement.** When challenges arise, guide learners with patience and encouragement, and celebrate their efforts and progress. By acknowledging their learning through kind words, shared excitement, and simple tools like stickers, you help them build confidence and a positive sense of self.
- **Follow learners' pace and honour their development.** Your early learner may not be able to complete an entire activity at once. Take breaks often and switch activities as needed. Get to know your learners' attention span and plan your activities accordingly.
- **Build holistic learning into daily routine.** Create a routine for early learners that nourishes their mental, physical, emotional, and spiritual development. These routines will help create predictability and set expectations for learners and families. Consider implementing a daily schedule which includes snacks/meals, toileting, naps/quiet time, outdoor time, and various learning activities.
- **Learn together through the land, community, and everyday experiences.** Connect learning to your local area and community. Invite parents and caregivers, along with Elders and Knowledge Keepers, to share stories and teachings. Talk about the weather and changing seasons, and explore what is happening with local plants and animals.





## Read Everywhere!



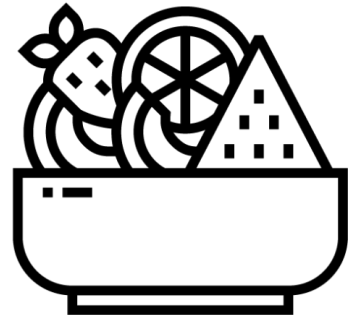
Reading doesn't have to mean reading words. It can include looking at pictures, telling stories, asking questions, or listening to a story. Try reading in different ways. For each reading activity you try together, **colour in the matching book** below.



By a tree



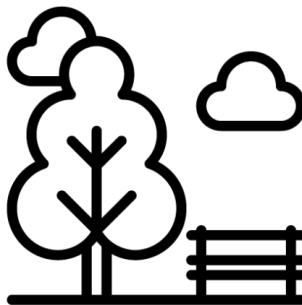
With a stuffed animal



While having a snack



In a cozy spot



In a field or at a park



At home

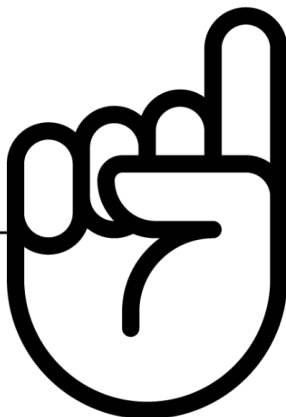


## Busy Hands!

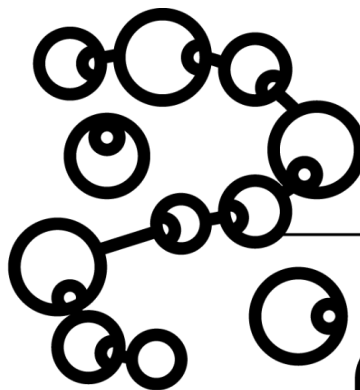
Have learners **try the activities** below to see how many they can complete on their own. **Colour each task** once it's completed. It's OK if they can't do them all.

Keep trying, and change up the activities to explore more skills!

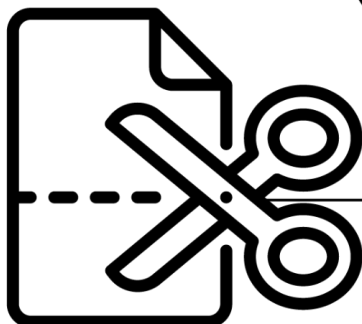
Count  
1-2-3-4-5  
on your  
fingers.



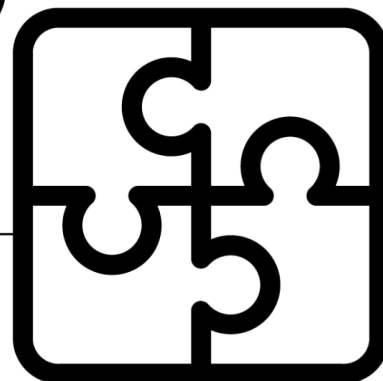
Create a pattern  
with beads.



Cut paper  
into different  
shapes.



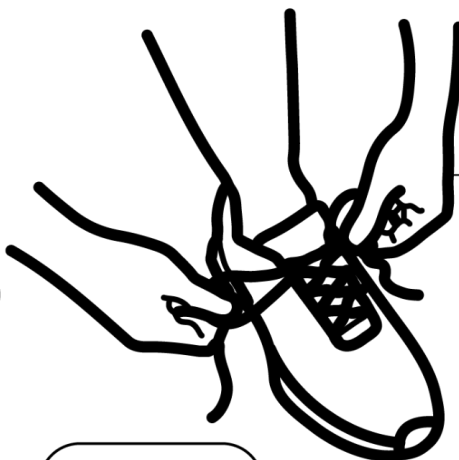
Put together  
a puzzle.



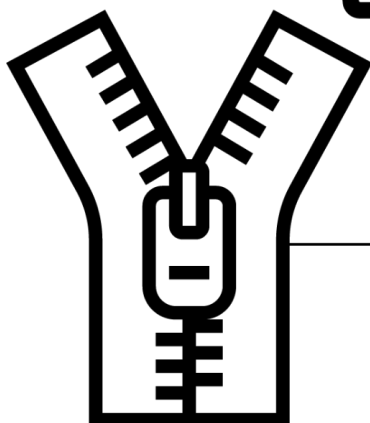
Roll playdough  
into a ball.



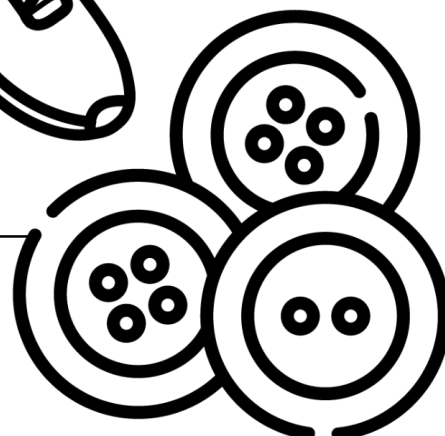
Tie your  
shoelaces.



Zip up a  
zipper.



Do up  
buttons.





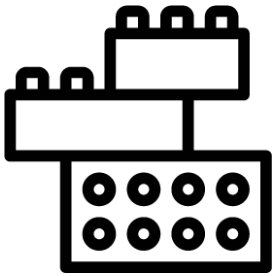
## Building with Friends!

Have learners work with a partner or small group to **build a tower**. Prepare a selection of materials, then guide learners through each section of this lesson.

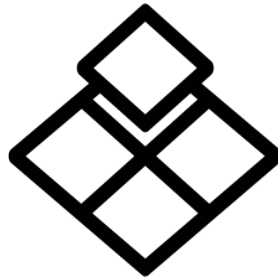


Have learners talk with their partner(s) and **colour the materials** they'll use to build. They may have their own ideas for building a tower, too. Explore their ideas with them.

LEGO



magnet tiles



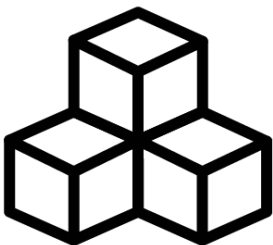
containers



rocks



blocks



boxes



plastic cups



sticks/pinecones



If you build a tower outdoors, remind learners to respect nature. Talk about why it's important to leave nature as it is and not to disturb any plants or animal habitats during this activity.



**How will they build the tower?** In the box below, ask learners to draw what they think their tower will look like.

### Check In

Read each statement to learners, and have them check how they felt during the challenge. Encourage them to talk about their emotions.

**How did you feel while building the tower?**

☐☐☐☐

**How did working with others make you feel?**

☐☐☐☐

**How did you feel when your tower was complete?**

☐☐☐☐

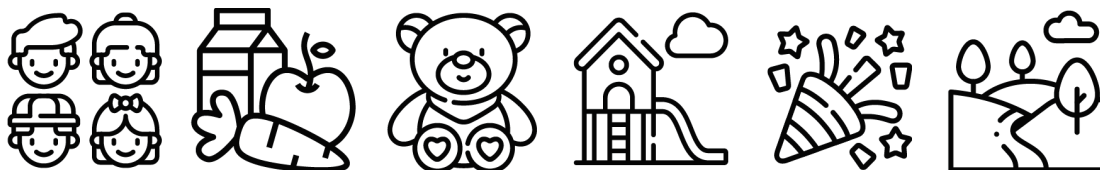


## All About Me!



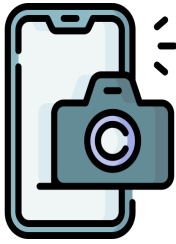
### Drawing Collage

In the space below, encourage learners to **draw** their favourite things! These could include people, food, toys, activities, events, or places.



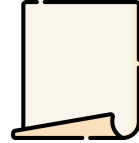






## Photo Collage



With support from a parent, caregiver, or trusted adult, have learners **choose at least 5 photos** or images that are meaningful to them and bring them into the classroom. These might include family, home, interests, culture, or connections to the land. If photos are unavailable, drawings or online pictures can be used instead.

Help learners create their **photo collage** by guiding them through the steps below:

1	<b>Get</b> a piece of paper.	
2	<b>Cut</b> each photo to fit your paper.	
3	<b>Glue</b> each photo onto your paper.	
4	<b>Decorate</b> your collage.	
5	<b>Share</b> your collage!	

**Creativity Tip:** Have learners create their photo collages on poster paper or cardboard. You can display learners' finished collages in your classroom.



## References

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