



Look Up & See!

Lesson 1: Awareness of the Sky

Stand-Alone

Mindful Senses: VAKOG (Visual, Auditory, Kinesthetic, Olfactory, Gustatory)
Students will experience the sky in this lesson

STEAM: Art

Objectives:

1. Students will recall 3 things about the sky.
2. Students identify 3 details about the sky they did not notice before.
3. Students will identify the sky as a source of science, math, art, and engineering.
4. Students will identify the 3 layers where clouds form.
5. Students will identify one of the 10 main cloud types.
6. Students practice a new mindfulness strategy.



Time: 30 minutes

Resources or Materials Needed:

Paper

Pen/Pencil

Cloud Poster

CAS Student Cloud Workbook-print for each student

Step 1: Lesson Prep:

1. Print each student a copy of the CAS Student Cloud Workbook.
2. Display CAS Cloud Poster
3. Load and have ready to play Welcome to the World of Clouds (more appropriate for lesson 2?)

Step 2: Lesson:

1. Recall: We can move through our day and life without truly noticing what is around us. This activity helps students to realize what we can notice when we pay attention and look

around us.

2. Let's Go Outside: Students will use mindful awareness to notice what they experience with their senses, and become more aware of their surroundings. This activity will create awareness of surroundings and help students notice what is around and learn to look to the sky.
3. Intro to The Cloud Poster and layers of the sky.

Step 3: Learner Participation:

1. Recall:
 - a. Direct students to use the blank paper given them to recall 3 things they noticed about the sky. Allow them 5 minutes to use words or pictures to describe what they may have seen in the sky this morning on the way to school, or from a day they recently were outside.
 - b. Allow students to share their recall.
2. Let's Go Outside
 - a. Using the Mindful Awareness form, students take paper and pencil outside, looking around and noticing what they can notice with their senses, writing them down.
 - b. Allow students to wander on their own or in small groups to experience outside in a new way perhaps they've never experienced before.
 - c. Bring students all together and group share what they experienced.
 - d. Point out the clouds, the wind, the colors in the sky, and all the things that move or give the sky shape like buildings, trees, mountains.
 - e. Have students identify one thing that they really like about the sky or outside and write it down on their paper.
 - f. Returning inside, show the cloud poster and see if they can recall which type or types of clouds they noticed in the sky.

- g. Remind students what they recalled in the first activity and how it was different when they practiced Mindful Awareness with this activity.
3. Welcome to The World of Clouds video
 - a. Watch the video and introduce the Cloud Curriculum.
 - b. Students will learn different cloud types, the optical phenomena that comes with them, and how people can work and play with the clouds as hobbies or jobs.
 - c. Future lesson: List and describe jobs working with clouds (STEAM).
 4. Intro to the Cloud Poster
 - a. Describe the three layers of the sky and review which cloud types are formed in which layers.

Step 4: Assessment:

1. Students verbalize together the cloud type that was outside when they went to observe.
2. Students identify on the cloud poster, which layer of the sky the cloud from their observations can be found.
3. Students review with help from their cloud workbook, how they can continue to observe the world around them through mindful awareness of the senses.

Step 5: Follow-Through Activities:

Mindfulness Strategy: 5 Senses

1. Identify 5 things in the sky you can see.
2. Identify 4 things in the sky you can hear.
3. Identify 3 things from the sky you can feel.
4. Identify 2 things in the sky you can smell.
5. Identify 1 thing in the sky you can taste.

References

1. [Welcome to the World of Clouds](#)

