



# Cloud Ingredients

## Lesson 2: What are clouds made of and why are they white?

### Stand Alone Lesson

Mindful Senses: VAKOG (Visual, Auditory, Kinesthetic) Students will experience the ingredients that make clouds- see water, feel cold and warm

Mindfulness Practice: Sunbeam and Ice Cycle Breathing

STEAM: Science & Art

### Objectives:

Through the use of creativity with art and an experiment, students will learn and understand the basics processes of the water cycle of evaporation, condensation, precipitation, and accumulation. Students will grasp what scientific elements influence this cycle including heating and cooling of water and dust to make clouds through their senses. A mindfulness strategy will help students expand their emotional resilience. At the end, students will be able to relate to the sky and water cycle through their own sensational experiences.

1. Students will identify the three major processes of the water cycle.
2. Students will identify what influencing factors create the water cycle.
3. Students will identify the state the water goes through.
4. Students will collect their first cloud.
5. Students will identify how specifically the sky is a source of science and art.
6. Students learn and practice a new mindfulness strategy.

### Step 1: Lesson Prep

1. Have Cloud Workbooks or Water Cycle printouts available for each student.
2. Open the video, "Welcome to the World of Clouds."
3. Clear cups of warm and cold water for each student.



Time: 30 minutes

### Materials Needed:

"Welcome to the World of Clouds" & "White and Dark Clouds" videos

Paper

Pencil/colored pencils/crayons

Water cycle chart from workbook

Water (cold and warm)

Dirt

Cups

Optional: Steam or water bottle with spray

#### Step 2: Lesson

1. Steps and directions for presenting this lesson.
- 2.
- 3.
- 4.
- 5.
- 6.

#### Step 3: Learner Participation

1. What the learner will do
2. List activities

#### Step 4: Assessment

1. Students will verbalize/identify/review what in order to show the teacher which objective was achieved.
2. Students verbalize ...
3. Students identify ...
4. Students review ...

#### Step 5: Cloud Activities

1. Suggest two more activities from reference page

Refer to a cloud activities page for more options

#### Step 6: Mindfulness Experience (VAKOG)

1. Directions on how to experience the sky

#### Step 7: Mindfulness Strategy

1. Directions on how to do the strategy
- 2.

#### Step 8: Share to CAS Global School Community Webpage

1. Invite classrooms, parents, students to share photos of their projects and experiences online.

#### References

1. [Welcome to the World of Clouds on Vimeo](#)
- 2.
3. Articles
4. [How Do Clouds Form?](#) NASA

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5. [Weather for young people](#) Met Office
6. [Hydrologic Cycle](#) National Geographic
- 7.
- 8.
9. Webpages

