

School: Yan Oi Tong Chan Cheng Yuk Yee Kindergarten

School Year: 2023/24

Class: K2

Activity: Spring is Coming

Objective of the Activity:

1. Cultivate an understanding of the relationship between nature and the body, foster care for those around us, and practice healthy habits.

Activity Introduction and Record:

Through the themed activity “Spring is Coming”, we introduced the Chinese 24 Solar Terms of “Spring Equinox” and “Waking of Insects” to the children. We let them understand how to maintain wellness in harmony with the natural seasons, the principle of “Nourishing Yang in Spring and Summer, Nourishing Yin in Autumn and Winter”, and learn about the “art of nurturing life” in Chinese culture to care for their own physical health.

The children shared that during the “Spring Equinox” season, the very humid weather could make them feel fatigued. Therefore, we asked the children and their parents to collect different flowers to bring back to school and share. We used the flowers to make food and drink floral teas, which can help remove dampness from the body and restore internal balance, making the body feel more comfortable. We also compiled the related knowledge into a small book to share with others.



Explore the different morphologies of flowers, and understand the functions of floral materials.



Gather different recipes that feature “flowers” as an ingredient, and introduce them to your companions.



Collaborate to actually prepare the “Flower” recipes, and then compile the knowledge into a small book to share with others.