

Objective

By the end of this lesson, you will be able to understand and identify the four cardinal directions: north, south, east, and west.

Materials and Prep

- A large open space, such as a backyard or a park
- A compass (optional)
- A pen and paper

Activities

1. Take a nature walk: Go outside and explore your surroundings. Pay attention to the different directions you are facing as you walk. Observe any landmarks or signs that can help you identify the cardinal directions.
2. Create a compass rose: Draw a circle on a piece of paper. Divide the circle into four equal parts and label them as north, south, east, and west. Use arrows to indicate the direction of each cardinal point.
3. Play a direction game: Stand in the middle of the open space. Close your eyes and have a family member or friend call out a cardinal direction. Try to point in the correct direction without opening your eyes. Keep track of how many times you get it right.

Talking Points

- **North:** North is the direction that points towards the North Pole. It is usually at the top of maps.
- **South:** South is the opposite direction of north. It is the direction that points towards the South Pole.
- **East:** East is the direction that the sun rises in the morning. It is to the right when facing north.
- **West:** West is the direction that the sun sets in the evening. It is to the left when facing north.
- **Compass:** A compass is a tool that can help us find the cardinal directions. It has a needle that always points north.
- **Landmarks:** Landmarks are important features in the environment that can help us navigate and determine directions. Examples of landmarks include mountains, rivers, and buildings.