



### Session 3.2: Compassion Level K-2

In today's activity, you will help your child to build an understanding of biological concepts through earthworms activities. You and your child will watch a video about the Diary of a Worm which tells a story from the worm's perspective and then leads your child in playing a perspective-taking game.

Materials needed:

- Color Pencils
- [Worm anatomy poster](#) (please print, see attached pictures at the end, or click on this link to download)
- [Worm Journal](#) (please duplex printing, see attached pictures at the end, or click on this link to download)

Activity:

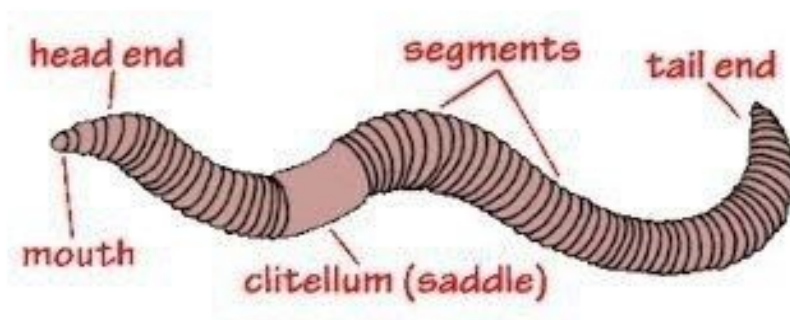
1. Explain to your child they will be a zoologist today to learn the external anatomy of the earthworm by watching an interesting video, then explore the worm anatomy poster, and let the child try to think about the ways that earthworms help the Earth at the end.
2. Load and watch the video [Diary of a Worm](#), take around 6 minutes to explore what life is like for a worm.
3. Then, show your child the worm poster, read fun facts aloud, and let your child point out each part of a worm, also explain the concept of **Clitellum**.
  - Clitellum: *The clitellum is a thick, saddle-like ring found in the epidermis (skin) of the worm, usually with a light-colored pigment, to form a cocoon for its eggs. We can also call this part **Saddle**.*
4. Now, tell your child that they are going to pretend to be a real live earthworm. Not an earthworm that can talk, write a diary, and wear clothes, but an earthworm they might find in a shovelful of dirt in their backyard.
5. Have your child close their eyes and visualize what life would be like. What would a day in their life be like? What dangers would they face?
6. Have your child open their eyes, and instruct your child to draw and color their earthworm on page 2 of the journal. Give the option to your child to come up with a name for their worm.
7. Then, let your child identify and label the head, tail, segment, castings and saddle in their journal.
8. Ask your child the following questions:
  - Can worms crawl above ground? (Yes,-- they can crawl above ground).
  - Do worms have eyes and noses? (No, we couldn't see).

- Can you tell a worm's head from its tail? (Yes,-- the head is closest to the thickened part, called the saddle.)
9. Share your worm journal with other family members. Have your child tell them what they learned about worms.

\*\*Please mention that all living things should be treated humanely, including earthworms.\*\*

### Worm Anatomy Poster:

# Fun Worm Facts!



- The only place where earthworms don't live are in the desert or where the ground is frozen.
- Earthworm poop is called 'castings'.
- Worms have two layers of muscles ~ one that runs lengthwise and one that runs around, helping its body stretch and contract.
- Worms have a coat of slimy mucus that helps them glide through the dirt.
- Sunlight can kill a worm because they are sensitive to the UV radiation.
- Worms are sensitive to temperature and touch.
- Worms do not have ears, rather they 'hear' by sensing vibrations.

Worm Journal:

# My Worm Journal



Zoologist's Name: \_\_\_\_\_

you have been visited  
by the wiggly worm



Teaching Empathy Through Nature



# A Day in the Life of an Earthworm



Pretend you are a real earthworm. What are some of your adaptations for living underground? How do you help the earth? What dangers would you face? What would a day in your life be like?

# Wiggling Worms Quiz



Label the earthworm picture below. Use the WORD BANK.

WORD BANK	
castings	saddle
tail	segment
head	

