

Lesson Plan: "Mount Everest: The Tallest Mountain on Earth"

Age Group: 5-12 years

Duration: 45-60 minutes

Objective:

Students will explore the tallest mountain in the world, Mount Everest, and understand its geographic significance, the challenges faced by climbers, and the role of Sherpas in mountain expeditions.

Materials Needed:

- Video: "Mount Everest: The Tallest Mountain on Earth"
 - Globe or world map
 - Pictures of Mount Everest, climbers, and Sherpas
 - Snow-capped mountain craft materials: white and blue construction paper, cotton balls, glue
 - Sherpa fact sheet
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Introduction (5-10 minutes):

1. Greeting & Introduction:

- Begin with: "Today, we're heading to the tallest place on Earth—Mount Everest! Are you ready to climb to the top of the world?"

2. Discussion:

- Ask: "Do you know where Mount Everest is? And why it's so special?" Show Nepal and Tibet on a map and explain how Everest is located between these two countries.
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Main Activity (30-40 minutes):

1. Watch the Video (5-7 minutes):

- Play the video: "Mount Everest: The Tallest Mountain on Earth."
- Ask students to note how high the mountain is, who the Sherpas are, and why it's hard to climb Mount Everest.

2. Discussion & Activities (20-30 minutes):

- **Super Tall:**
 - Explain that Mount Everest is over 29,000 feet tall—about the same height as a stack of 29 Eiffel Towers! It's so tall that the air is thin, and it's always covered in snow.
 - **Activity:** Using blue paper for the sky, let students cut out white peaks to represent snow and build their own mini Mount Everest model using cotton balls for the snow.
- **Climbing Challenge:**
 - Discuss the dangers of climbing Mount Everest—thin air, freezing temperatures, and steep paths.
 - **Activity:** Have students simulate a "climb" around the classroom, moving from station to station as they encounter different "challenges" like low oxygen (holding their breath for a few seconds), freezing weather (putting on a scarf or jacket), and rough terrain (stepping over obstacles).
- **Sherpa Heroes:**
 - Teach students about the Sherpas, the local guides who help climbers reach the summit. Sherpas are experts in the mountains and help carry heavy gear and keep climbers safe.
 - **Activity:** Share a fact sheet about Sherpa culture. Have students create "thank you cards" for Sherpas, acknowledging their hard work and heroism.
- **Stunning Views:**
 - Show pictures of the breathtaking view from the top of Mount Everest—snowy peaks, clouds below, and the world stretching far and wide.

- **Activity:** Students can draw what they imagine it would look like to stand on the top of the world. They can include snow-covered mountains, clouds, and even the sun rising.
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Conclusion (5-10 minutes):

1. Recap Key Points:

- Review the incredible height of Mount Everest, the challenges faced by climbers, and the importance of Sherpas.

2. Q&A:

- Allow students to ask questions about Mount Everest, Sherpas, and mountain climbing.

3. Reflection:

- Discuss the theme of perseverance, asking: "If you had to climb a really tall mountain, what would keep you going? Why do you think people love a challenge like Mount Everest?"

4. Closing Activity:

- Ask students: "If you could stand at the top of Mount Everest, what would you shout to the world?" Let them share their fun answers with the class.
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Extension Ideas:

- **Mount Everest Research:** Have students choose a famous climber or Sherpa to research and present facts about their journey.
 - **Geography of Mountains:** Introduce other famous mountains around the world and compare their heights and locations.
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This lesson introduces students to Mount Everest in a fun and engaging way, combining geography, culture, and lessons on perseverance and teamwork.

