



Holland Work Environment Center Activities

Career Exploration Aligned to Holland Work Environments

PLANET R | REALISTIC (Hands-on, Physical Activities)

PLANET R ACTIVITY #1

Building with Blocks: Provide students with a variety of building materials like blocks, Legos, or wooden shapes. Ask them to construct simple structures like bridges or houses. Discuss how these types of tasks are similar to jobs in construction, engineering, or mechanics.

- **Kindergarten:** Use larger blocks like wooden or foam blocks, and ask students to create simple structures such as towers, houses, or bridges.
- **1st Grade:** Introduce Legos or more intricate wooden shapes. Encourage students to build small models like vehicles or bridges and discuss the materials they used.
- **2nd Grade:** Provide a wider range of building materials, such as different sizes of blocks or even a basic set of engineering materials like gears or pulleys. Ask students to build functional structures that include design challenges (e.g., "Make the strongest bridge").
- **3rd Grade:** Challenge students with specific tasks, such as building a model of a bridge that holds a certain amount of weight. They can discuss how engineers solve real-life problems.
- **4th-5th Grade:** Have students design and build more complex projects like working catapults or simple machines (levers, pulleys) with materials like K'NEX or Lego Technic. Encourage them to collaborate and problem-solve with others, simulating a work environment like construction or engineering.



PLANET R | REALISTIC (Hands-on, Physical Activities)

PLANET R
ACTIVITY #2

Gardening: If possible, set up a small gardening station where students can plant seeds in soil. Explain how some people work with plants, nature, and animals in jobs like farming or landscaping.

- **Kindergarten:** Let students plant seeds and water them in small pots. Discuss how plants grow, what they need, and how farmers or landscapers help nature grow.
- **1st Grade:** Expand by explaining plant life cycles and adding activities like measuring how tall plants grow over time.
- **2nd Grade:** Introduce concepts of plant anatomy, talk about how different types of plants grow in various climates, and have students design their own small gardens.
- **3rd Grade:** Incorporate a discussion about ecosystems, have students plant a variety of seeds, and observe how they interact with sunlight and water.
- **4th-5th Grade:** Have students plan and execute a more involved gardening project, such as creating a small vegetable garden or working with a school garden. Discuss crop rotation and environmental factors.

PLANET R
ACTIVITY #3

Tool Exploration: Have a pretend tool station with plastic or foam tools (hammers, screwdrivers, etc.) where students can “fix” items like old toys or build simple structures using the tools. This connects to careers like carpenters or mechanics.

- **Kindergarten:** Use foam or plastic tools to mimic building tasks, such as pretending to hammer or screw parts into place.
- **1st Grade:** Add simple building tasks (like constructing a basic birdhouse or small structures) using kid-friendly tools like plastic screwdrivers or hammers.
- **2nd Grade:** Give students basic wooden construction kits, guiding them to assemble small structures using screws and simple tools.
- **3rd Grade:** Introduce more advanced toolkits, allowing students to build with small hand tools (with supervision) like plastic saws, screwdrivers, or measuring tapes.
- **4th-5th Grade:** Introduce real-world mechanics by teaching the use of basic tools to disassemble and rebuild simple objects (such as old electronics or mechanical toys). Discuss the importance of precision and safety.



PLANET I | INVESTIGATIVE (Problem-solving, Analytical Tasks)

PLANET I
ACTIVITY #1

Science Exploration Station: Set up a station with magnifying glasses, simple experiments (like mixing baking soda and vinegar), or nature observation tools. Have students explore and solve simple problems or observe patterns in nature. Talk about scientists, doctors, or detectives who investigate to learn new things.

- **Kindergarten:** Use magnifying glasses to look at objects like leaves, rocks, or insects. Conduct simple, safe experiments, like mixing vinegar and baking soda to create bubbles.
- **1st Grade:** Start observing simple properties of materials (e.g., liquids vs. solids) and do experiments that demonstrate reactions, like combining salt and water.
- **2nd Grade:** Introduce more complex tasks, such as investigating how plants absorb water or how different materials react to heat.
- **3rd Grade:** Encourage students to perform simple scientific investigations, such as testing which material is the best insulator or conducting a water filtration experiment.
- **4th-5th Grade:** Give students more challenging problem-solving tasks, such as creating a hypothesis and testing it with a simple experiment. Encourage them to record their observations and analyze the data.

PLANET I
ACTIVITY #2

Puzzle Corner: Provide puzzles that challenge critical thinking, such as jigsaw puzzles or logic puzzles. Discuss how problem solvers work in roles like engineers or researchers.

- **Kindergarten:** Offer basic puzzles with large pieces and simple patterns.
- **1st Grade:** Introduce jigsaw puzzles with more pieces and simple logic puzzles (e.g., number patterns).
- **2nd Grade:** Add word searches, math puzzles, or simple riddles that require students to think critically.
- **3rd Grade:** Include logic puzzles, mazes, or brainteasers that require students to think strategically to solve.
- **4th-5th Grade:** Provide more complex puzzles or problem-solving challenges like Sudoku, crossword puzzles, or math-based brainteasers.



PLANET I | INVESTIGATIVE (Problem-solving, Analytical Tasks)

PLANET I
ACTIVITY #3

Sorting Station: Provide various objects (e.g., different colored buttons or animals) and ask students to sort them by categories like color, shape, or size. This activity introduces investigative thinking.

- **Kindergarten:** Use large objects for sorting, like buttons, shapes, or colored blocks.
- **1st Grade:** Introduce sorting by categories such as size, color, or type of animal (e.g., mammals, birds).
- **2nd Grade:** Have students sort more complex items like pictures of animals and plants by habitat or class.
- **3rd Grade:** Ask students to sort things by more specific attributes, like sorting geometric shapes by their properties (e.g., angles, sides).
- **4th-5th Grade:** Provide a mix of items that require more critical thinking, like sorting objects into categories based on their scientific classification or by material type (metals, plastics, etc.).



PLANET A | ARTISTIC (Creative, Expressive Activities)

PLANET A
ACTIVITY #1

Art Station: Set up an area with paints, crayons, markers, and paper where students can freely create art. This can include drawing, painting, or collaging. Discuss artistic careers such as being a painter, graphic designer, or musician.

- **Kindergarten:** Provide simple materials like crayons, markers, and large paper for free expression.
- **1st Grade:** Encourage students to explore different types of art, including watercolor painting and basic collage-making.
- **2nd Grade:** Introduce more structured art activities, such as creating simple landscapes or still life drawings.
- **3rd Grade:** Have students explore different art techniques (e.g., shading, color mixing) and create more detailed drawings or paintings.
- **4th-5th Grade:** Encourage students to create more complex projects, like portraits, murals, or multi-media pieces, while discussing art careers like animation or design.

PLANET A
ACTIVITY #2

Dress-Up Theater: Provide costumes and props for students to act out stories or create their own. Discuss how actors, directors, and designers work in the creative arts field.

- **Kindergarten:** Encourage students to act out simple stories or pretend to be animals or people with costumes.
- **1st Grade:** Provide a variety of costumes and props and have students perform short skits or retell simple stories.
- **2nd Grade:** Encourage role-play with more elaborate storylines, such as acting out characters from books or historical figures.
- **3rd Grade:** Have students create original stories and perform in small groups, working on basic stage directions and acting skills.
- **4th-5th Grade:** Students can create their own mini-productions, incorporating costumes, props, and short scripts. They can also begin to understand the roles of directors and set designers.



PLANET A | ARTISTIC (Creative, Expressive Activities)

PLANET A
ACTIVITY #3

Music and Rhythm: Have simple instruments available (e.g., tambourines, maracas, or xylophones) and encourage students to make music or rhythms. Talk about music careers like musicians, composers, or sound engineers.

- **Kindergarten:** Provide simple instruments like tambourines, maracas, and drums for students to create sound and rhythm.
- **1st Grade:** Encourage group music-making, having students follow a simple rhythm or create songs using instruments.
- **2nd Grade:** Introduce more structured music activities, like clapping to rhythms or playing simple melodies on a xylophone or keyboard.
- **3rd Grade:** Have students create their own music or rhythms, exploring musical notes and simple composition.
- **4th-5th Grade:** Encourage more advanced music composition, allowing students to create their own musical pieces, experiment with digital music tools, or perform simple compositions.



PLANET S | SOCIAL (Helping, Teaching, Interacting with Others)**PLANET S
ACTIVITY #1**

Friendship Circle: Set up a “helping station” where students work in pairs or small groups to complete tasks, like matching cards or building something together. Discuss how jobs like teachers, nurses, and counselors involve helping others.

- **Kindergarten:** Pair students to work on simple tasks together and encourage sharing and cooperation.
- **1st Grade:** Have students work in small groups to solve simple problems, focusing on communication and teamwork.
- **2nd Grade:** Encourage group activities that require coordination, such as collaborative art or group games, while fostering teamwork and empathy.
- **3rd Grade:** Provide opportunities for students to work on more complex group projects, such as building something together or solving a problem.
- **4th-5th Grade:** Assign leadership roles within groups and ask students to collaborate on tasks that require critical thinking and communication, like planning a class event or charity project.

**PLANET S
ACTIVITY #2**

Storytime and Role Play: Have a reading corner with books related to helping others or community service, followed by a role-play activity where students pretend to be doctors, teachers, or firefighters.

- **Kindergarten:** Read simple stories together, then act them out in small groups.
- **1st Grade:** After reading, have students role-play parts of the story or act out what they think might happen next.
- **2nd Grade:** Use role-playing to explore characters’ feelings and perspectives, encouraging deeper empathy and communication.
- **3rd Grade:** Have students work in pairs or small groups to create their own short stories or skits and perform them.
- **4th-5th Grade:** Encourage students to write and perform original skits based on real-world jobs, like teachers or doctors, while practicing presentation skills.



PLANET S | SOCIAL (Helping, Teaching, Interacting with Others)

PLANET S
ACTIVITY #3

Buddy Reading: Pair up students and have them read books to each other, practicing kindness and communication. Discuss how teachers and librarians read and help others.

- **Kindergarten:** Pair students to read aloud to each other, with a focus on kindness and taking turns.
- **1st Grade:** Have students take turns reading short books to each other, providing support when needed.
- **2nd Grade:** Encourage students to read aloud in pairs or small groups, helping each other with unfamiliar words or concepts.
- **3rd Grade:** Pair students with different reading levels to help each other with fluency, comprehension, and vocabulary building.
- **4th-5th Grade:** Encourage more independent reading and discussion of books with peers, guiding students to lead discussions and ask each other thoughtful questions.



PLANET E | ENTERPRISING (Leadership, Persuasion, Decision-Making)

PLANET E
ACTIVITY #1

Store Role-Play: Set up a small “store” in the classroom where students can pretend to sell items, take money, and make change. Talk about how business owners or salespeople make decisions in their work.

- **Kindergarten:** Set up a simple store with pretend money and encourage students to practice buying and selling items.
- **1st Grade:** Let students take turns being the cashier or customer, practicing communication and basic money concepts.
- **2nd Grade:** Provide more structured scenarios where students must decide on pricing, inventory, or sales strategies.
- **3rd Grade:** Have students work in groups to run their own store, using math to calculate costs, prices, and profits.
- **4th-5th Grade:** Create a more complex role-play activity, where students must manage a store’s budget, inventory, and customer service.

PLANET E
ACTIVITY #2

Group Problem-Solving: Present a simple problem (e.g., “We need to decide on a game to play”) and have students work together to come up with a solution. Discuss how managers and leaders solve problems in their jobs.

- **Kindergarten:** Pose simple problems like deciding what game to play and let students discuss solutions.
- **1st Grade:** Encourage students to work together to solve classroom challenges, like cleaning up a mess or choosing a team leader.
- **2nd Grade:** Introduce problems that require group discussion and decision-making, such as how to organize a class event or activity.
- **3rd Grade:** Provide more complex group problems, like organizing a school project or preparing for a class presentation.
- **4th-5th Grade:** Present challenges that involve time management or resource allocation, like planning a community event or charity fundraisers.



PLANET E | ENTERPRISING (Leadership, Persuasion, Decision-Making)

PLANET E
ACTIVITY #3

Presentation Station: Have students create a small “presentation” (it could be a drawing, a poem, or a simple idea) and present it to the class. This helps students practice communication and leadership skills.

- **Kindergarten:** Have students present simple ideas or artwork to the class, practicing speaking and confidence-building.
- **1st Grade:** Ask students to present short stories or favorite activities to the class.
- **2nd Grade:** Have students prepare brief reports on a favorite animal or topic, and present it to the class with visual aids.
- **3rd Grade:** Encourage students to present projects they’ve worked on with more detail and structure, using props or slides if possible.
- **4th-5th Grade:** Students can work on more formal presentations, using research to present on a specific topic and practicing their public speaking skills.



PLANET C | CONVENTIONAL (Organizing, Planning, Attention to Detail)**PLANET C
ACTIVITY #1**

Classroom Helper Board: Assign jobs (e.g., passing out papers, organizing materials) and let students practice organizing and planning their tasks. This mirrors careers that involve management, such as office workers or data entry specialists.

- **Kindergarten:** Assign simple classroom tasks, like handing out papers or putting away supplies.
- **1st Grade:** Provide more structured tasks like organizing books or labeling materials.
- **2nd Grade:** Let students plan and execute small tasks, such as organizing a reading corner or preparing supplies for an art project.
- **3rd Grade:** Have students take responsibility for larger organizational tasks, like planning a class party or managing group work.
- **4th-5th Grade:** Allow students to take on leadership roles in organizing the classroom, helping to develop and maintain schedules, or assisting teachers with classroom logistics.

**PLANET C
ACTIVITY #2**

Labeling Station: Set up an activity where students label various classroom items (books, supplies, etc.). This helps them understand the importance of organizing and categorizing information.

- **Kindergarten:** Encourage students to label classroom objects or books with pictures and simple words.
- **1st Grade:** Students can label different classroom materials or learning tools with their names.
- **2nd Grade:** Introduce more detailed labeling, such as categorizing classroom items (e.g., art supplies vs. reading materials).
- **3rd Grade:** Challenge students to label and organize more complex items (e.g., categorizing classroom books by genre or type).
- **4th-5th Grade:** Have students organize and label folders, materials, or projects based on specific criteria, such as subject matter or category.



PLANET C | CONVENTIONAL (Organizing, Planning, Attention to Detail)

PLANET C
ACTIVITY #3

Sorting and Filing: Provide a collection of items (e.g., animal pictures, shapes, or words) and have students sort them into categories, file them, or organize them by different attributes.

- **Kindergarten:** Let students sort large, simple items, such as shapes or colors, into containers.
- **1st Grade:** Sort objects by different attributes, such as sorting animals by habitat or clothing by type.
- **2nd Grade:** Encourage students to organize more complex items, such as sorting classroom materials or objects by size or type.
- **3rd Grade:** Allow students to organize collections of things like books or scientific materials, sorting them by categories.
- **4th-5th Grade:** Let students organize projects, data, or schoolwork into specific categories for easy reference, teaching them how to use organizational tools like folders or binders.