The aim of the work is to create a guide on how to introduce ants to pupils from primary and secondary schools. Part of the work is familiarization with interesting ways of behavior using practical examples of foreign ants, as the problem can be better explained to the students through them. In the next part, there is a detailed description of the forest ant's behavior and the organization of its colonies. This is followed by a practical part focused on creating instructions on how to care for ants, from the queen to a full-fledged colony in a formicarium. It also includes how to build enclosures for ants and what requirements ants have for the development of their colony. In the last part, there are prepared exercises and experiments that can be carried out with ants. These range from presentations to experiments with live ants, so that students should learn to work independently. There is therefore a wide range, from which even a teacher who does not want to spend too much time on ants can choose. The exercises are evaluated, both in terms of difficulty for the teacher and in terms of research-oriented teaching. I expect from the work that it will help teachers, both with theoretical and with practical preparation. Due to the social way of life of ants, it is also possible to connect with social sciences.