

SAGE Session 12 at a Glance

Topic: SAGE Garden Party!

Materials Needed

- Invite parents to attend the Garden Party in advance
- Ask the children which songs and games they would like to play
- Tummy Mindfulness and Experiential Eating Protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- “Seedling Song” lyrics
- “Gardener Says” game instructions
- “Plant Splash Relay” game instructions
- 2 Baskets
- Small blue balls for each child
- “Exercise When We Rhyme” game instructions
- Pictures of yellow, green, and red apples
- “Red Apple, Green Apple” game instructions

Garden Activity [60 minutes]

- Set up stations for games played throughout the SAGE program
- Children and parents move station to station
 - Tummy Mindfulness and Experiential Eating Protocol
 - “Seedling Song”
 - “Gardener Says”
 - “Plant Splash Relay”
 - “Exercise While We Rhyme”
 - “Red Apple, Green Apple”