

## SAGE Session 5 at a Glance

**Topic:** Chart the Growth

**Objective:** Children will be able to describe the plant growth process from seedling, to fruit, to harvest. Children will understand that they need water, fruits, vegetables, and physical activity to grow healthy and strong.

### Materials Needed

- “Plant Splash Relay” game instructions
- 2 Baskets
- Small blue balls for each child
- Session 5 discussion card
- Book: Pumpkin, Pumpkin by Jeanne Titherington
- Poster with pumpkin cutouts
- “Head, Shoulders, Knees, and Toes” song lyrics
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Seedling Song” lyrics
- “Follow the Leader” game instructions
- Measuring tape

### Review [10 minutes—game]

- Game: “Plant Splash Relay”

### Classroom Activity [15 minutes—discussion, song]

- Discussion 5a: Discuss growth and development in plants. Choose one activity below and alternate each time this session is implemented.
  - Read Pumpkin, Pumpkin by Jeanne Titherington
    - Have the children act out each page

- Start crouched down and grow as the pumpkin grows, when he carves a face out of the pumpkin, have them make their best pumpkin face.
  - Review the life cycle of a pumpkin using the poster. Ask the children to act out what they see in the pictures
- Song: “Head, Shoulders, Knees, and Toes!”

### **Mindful Eating [15 minutes—tummy mindfulness, experiential eating]**

- Tummy Mindfulness and Experiential Eating Protocol

### **Garden Activity [20 minutes—garden maintenance, song, garden exploration, game]**

- Garden Maintenance and Song:
  - Have the children water the garden
  - Sing lyrics to the “Seedling Song” while watering
- Garden Exploration:
  - Point out the plants growing
  - Have the children identify characteristics of fruits and/or vegetables (color, shape, texture, if ready for harvesting)
- Game: “Follow the Leader”

### **Wrap Up/Review [5 minutes—discussion]**

- Measure the lima bean
- Discussion 5b: Review current and past concepts
  - Ask what plants need to grow healthy and strong (water, sunshine, and soil)
  - Transition to the drying leaf and discuss the changes
    - “What does the leaf feel like?,” “What does the leaf look like?,” “Why has it changed from being soft and green to brown and dry?”
  - Asks what they need to grow healthy and strong (fruits, vegetables, water, physical activity).