

SAGE Session 9 at a Glance

Topic: Being Active in the Garden!

Objective: Children will understand that gardening is a fun way to be physically active.

Materials Needed

- “Head, Shoulders, Knees, and Toes” song lyrics
- Session 9 discussion card
- “The Little Gardener” book
- “Exercise When We Rhyme” game instructions
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- Watering cans
- “Seedling Song” lyrics
- Measuring tape
- “Plant Splash Relay” game instructions
- 2 Baskets
- Small blue balls for each child

Review [5 minutes—song]

- Song “Head, Shoulders, Knees, and Toes”

Classroom Activity [20 minutes—discussion, game]

- Discussion 9a: Read the “The Little Gardener” to teach what is needed to care for a garden
 - Have the children stand and act out each page of the book
 - Review the importance of physical activity and remind the children how gardening is a great way to be active
- Game: “Exercise When We Rhyme”

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)
- Measure the lima bean
 - Ask questions about if the lima bean is getting the nutrients it needs
 - Have the children look for (and remove) any weeds that may be taking nutrients away from the lima bean
- Game: “Plant Splash Relay”

Wrap Up/Review [10 minutes—discussion and song]

- Discussion 9b: Review concepts of the session by asking:
 - “What physical activities you can do in the garden?”
 - “What do the plants in our garden need to be healthy and strong?”
 - “What do you need to be healthy and strong?”
 - Ask about the plants growing in the garden (e.g. how they look, are they getting enough nutrients, etc.)
- Song: “Seedling Song”