

SESSION 12

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]

- The teachers set up stations that host several games that were played throughout the SAGE program. Children are allowed to move from station to station to play each game. Options can include:
 - Tummy Mindfulness and Experiential Eating Protocol
 - “Seedling Song”
 - “Gardener Says”
 - “Plant Splash Relay”
 - “Exercise While We Rhyme”
 - “Red Apple, Green Apple”