**Unit 3 - Inner well being**

**Lesson 3**

**Grade Level:  Kindergarten**

**Focus:**Sharing with others makes me happy

**Time:  20 minutes**

**Prep**: Have paper bags and baggies ready for produce. Make sure a good amount of produce is ready for harvest.  Contact the local food bank to see if they are in need of fresh vegetables and plan to deliver them the day they are picked. Take 5 ipads to the garden.

**Warm up:** in classroom with whole group (5 min)

“We have a lot of food growing in our garden.  We use it in our cafeteria and sometimes we make smoothies!  There are people in our neighborhood that don’t have fresh organic food.  Are you ready to share some of our food with the community? Today is a good day to feel good about the amazing food that we have to share. We are going to pick some things that our local food bank can use for people who need it.”

Take your first group.

**Lesson:** (15 minutes)

1. Look around the garden and ask kids what looks like it needs picking.  If you agree talk about the food and how it is healthy.
2. Put the picked food into the baskets.
3. Sit on the logs and talk. “How does it feel to know you planted seeds and seedlings that have grown into delicious food that you can share with others?”  Let every student share.  Repeating ideas is fine.  You might talk about how it makes you feel.
4. “Close your eyes and hear and smell the garden.  Feel the air and take a nice breath.  Our garden is a place where we can come and enjoy our time together doing good things for ourselves and others.  You can be happy that you worked in the garden and accomplished so much.”

**Debrief:** (5 min)

Give each student an ipad.  Get onto Class Dojo.  “Each of you can take a picture of your favorite part of the garden”.  As you are walking back to the classroom talk about what they took a picture of and why.

Pick up next class.