**Unit 3 - Inner well being**

**Lesson 1**

**Grade Level:  Kindergarten**

**Focus:**Sights, sounds, and smells in the garden

**Time:  20 minutes**

**Prep:** The following were already planted in the garden:  rosemary, thyme, lemon balm, lambs ear.  Clipboard with paper and pen needed.

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

“Close your eyes.  I’m going to give you a minute to listen... What do you hear?”  Let them share  a few.  “If you were in the garden do you think you would hear different things?” “Today we are going to the garden to see the garden, hear the garden, and smell the garden…”  Being outside gives us a chance to breathe fresh air and enjoy nature.”

Take first group out to the garden.

**Lesson:** (15 min)

1. “Find a place where you want to observe”.  Give a minute for each to pick a spot.
2. “You are going to close your eyes and just listen.  In one minute we will open our eyes and you can tell me what you heard.  Ready….listen”.  Stop them after one minute.
3. “ We will take turns and you can tell me what you heard.  If someone says your observation, then tell me something else you heard.”  Go around the group and write on your clipboard.
4. “Now we are going to see what we can smell from our spot.  Close your eyes and smell.”  Stop them after one minute.  “What did you smell?” Take time to share. Note smells on clipboard.
5. “We are going to walk around that garden until I say ‘stop’ and then we will smell again.”  Give them 30 seconds and stop to share.  Repeat.
6. Gather by the herbs.  Smell the air, then rub the leaves of the herbs and smell your fingers.  “There are a lot of wonderful smells in the garden.”  When we use our senses we can enjoy a garden even more.
7. “What new things do you see in the garden?”  Hear some of the responses and note on clipboard.
8. “If you found an herb that you really liked the smell of you may break a little piece off and take it with you.

**Debrief:**

Sitting on the logs, read back the observations from your clipboard. “What sight, sound, or smell did you like best.”  Let each share.

Head back to pick up next group.