

May

## Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: K-2<sup>nd</sup> Grade

WEEK	<b>Community &amp; Home Gardening (CHG) Monthly Topics</b> <b><u>How Does Your Garden Grow!</u></b> Learn all about the key elements (things!) needed to grow your summer gardens! <b><u>Intergenerational Gardening!</u></b> Youth and older gardeners is a win-win opportunity!	<b>CHG Coloring &amp; Activity Sheets</b>  (NOTE: Sheets listed below can be done in any order.)	<b>Fun, Experiential CHG Activities!</b>  (NOTE: Activities listed below can be done in any order.)
1	<input type="checkbox"/> Send home CHG newsletter. <input type="checkbox"/> Point out CHG seasonal poster, read to children.	<input type="checkbox"/> Gardening Tools Matching (K-1) <input type="checkbox"/> Plants Chronological Worksheet (2-3) <input type="checkbox"/> Intergenerational Gardening (K-5)	<input type="checkbox"/> What Does a Plant Need to Grow (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they plan to plant a summer garden (in ground, containers, small is great!)	<input type="checkbox"/> Garden Math (2-4) <input type="checkbox"/> Where Do Fruits and Vegetables Grow Coloring Sheet (K-5)	<input type="checkbox"/> Different Types of Soil and Their Effect on Plant Growth (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they garden with older folks, such as grandparents.	<input type="checkbox"/> Gardening Tools (2-3) <input type="checkbox"/> What Would You Grow (2-5)	<input type="checkbox"/> Introduction to Watering the Garden (K-5)
4	<input type="checkbox"/> If feasible, plant a garden at your P&R site!	<input type="checkbox"/> How Does Your Garden Grow Word Search (1-4) <input type="checkbox"/> Counting Vegetables (K-2)	<input type="checkbox"/> Insect Safari (K-5)

**Reminders!**

- Check the website frequently to download all the fun items listed in the lesson plan above, and for other updates! All instruction sheets listed in the lesson guide above are found in a pdf file posted on the website. To choose the right sheet for each lesson, match the name of the lesson in the guide above with the title at the top of each sheet.
- Check out the complementary Foods of the Month lessons and fun at <http://bit.ly/NRPAFoM>.