

## February

### Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: 3<sup>rd</sup>-5<sup>th</sup> Grade

WEEK	Community & Home Gardening (CHG) Monthly Topics <u>Planning Spring Gardens &amp; Home Gardening to Reduce Grocery Bills!</u> Try <u>infused water</u> this month – lots of ideas for making your water pop!	CHG Coloring & Activity Sheets  (NOTE: Sheets listed below can be done in any order.)	Fun, Experiential CHG Activities!  (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"/> Valentine's Candy Count (2-4) <input type="checkbox"/> Valentine Word Scramble (2-3)	<input type="checkbox"/> Create Infused Water (K-5) <input type="checkbox"/> Spring Garden Designer (3-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they would like to plant a spring garden (and work towards planting a garden)!	<input type="checkbox"/> Healthy Valentine's Day Cards (K-5) <input type="checkbox"/> Valentine's Day Scramble Words Puzzle (3-5)	<input type="checkbox"/> Healthy Teeth Activity (K-5) <input type="checkbox"/> Seed Heart Valentines (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have ever tried infused water, meaning, water with fruit pieces or herbs in it.	<input type="checkbox"/> My Plate Coloring Sheet (K-5) <input type="checkbox"/> Water Infusion Brainstorming Activity (3-5)	<input type="checkbox"/> Measuring Sugar in Drinks (K-5) <input type="checkbox"/> Regrow Your Vegetables (K-5)
4	<input type="checkbox"/> If feasible, do an infused water tasting event!	<input type="checkbox"/> Fruit and Veggie Activity (2-4) <input type="checkbox"/> Gardening Tools Wordsearch (3-5)	<input type="checkbox"/> Pour It Out (2-5)

#### 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>.