

## March

### 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 and Starting Seedlings!</u> It is the time of year to start your seedlings for your spring and summer gardens! <u>Fast Growing Microgreens!</u>	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"/> Green Vegetables Rainbow Activity (2-4) <input type="checkbox"/> Seed Planting (K-5) <input type="checkbox"/> National Nutrition Month Pledge (2-5)	<input type="checkbox"/> Grow Microgreens in Your Classroom (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they ever started seedlings at home!	<input type="checkbox"/> National Nutrition Month Coloring Sheet (K-5) <input type="checkbox"/> Community Garden Activity (2-5) <input type="checkbox"/> Lucky Fruit or Vegetable Writing Activity (3-5)	<input type="checkbox"/> Make Your Own Upcycled Garden Tools (K-5) <input type="checkbox"/> See Seeds Come to Life (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they know what microgreens are.	<input type="checkbox"/> Lucky Green Vegetables Maze (2-5) <input type="checkbox"/> St. Patrick Alphabetize (1-3)	<input type="checkbox"/> How to Start Seedlings Indoors for Spring Planting (K-5) or <input type="checkbox"/> Starting Seedlings (K-5)
4	<input type="checkbox"/> If feasible, grow microgreens.	<input type="checkbox"/> National Nutrition Month Unscramble (3-5) <input type="checkbox"/> How Do Plants Grow Word Search (3-5)	<input type="checkbox"/> Microgreens Pizza (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>.