Garden Groove

AGE/GRADE LEVEL: Youth, Grades K-3

FORMATION: Standing at desk

EQUIPMENT: None

RULES/DIRECTIONS:
As the teacher reads the story, students jump up and down 5 times for each fruit or vegetable (in italics) and does movement for each action word (in bold). Pause the story for 20-30 seconds for each movement.

"Hello, my name is Weedy and I live in the garden on Mr. Green’s farm. Today I will lead you on a tour through Mr. Green’s garden. First we need to pull on our garden galoshes. They will allow us to walk in the garden without getting our shoes muddy. The first stop will be the isle of spinach. Since spinach has minerals and makes us strong, let’s lift some weights at this stop. Carefully put your weights down and tiptoe on over to the next row, the row of squash. Squash provides Vitamin A for us, and Vitamin A is good for our eyes and skin. While we’re in this row, let’s wiggle in our skin from our head to our toes. Wow!

Now that we got rid of some wiggles, let’s skip on over to the strawberry patch. Strawberries are deliciously sweet, and they keep us healthy by giving us Vitamin C. I love biting into a big red strawberry. It makes me want to do the strawberry swirl dance (twisting to the floor and back up with body). Ummm! I love strawberries! I see Mr. Green has some tall trees at the edge of his garden. Let’s skip past some rows and check out the trees over there. OOOOOH! Mr. Green has bananas growing on this tree! They’re sooo far up though! We’ll have to jump to reach the bananas that are so high up! Bananas give us potassium – an essential nutrient for our bodies. Monkeys like bananas…let’s pretend we are monkeys and swing from the trees!

Just a few more stops for us in Mr. Green’s Garden. We will need to swim across this little river in the middle of the garden to get to the rest of the fruits and vegetables. Swim hard!!! Now climb up the bank to the other side. Is everybody here? Oh good! Look at the delicious green beans, peas, and carrots over here! They look so tasty, and they are so good for our bodies!!! Now we just need to get really low and duck under these mushrooms and corn stalks to get to the watermelons.
Wow! I think we have explored the whole garden!! Did you see anything that looked good to eat? I sure did! And all of those *fruits and vegetables* are so healthy for us!! Yummmm!! Now! Let’s **skip** on back to where we started from and meet at Mr. Green’s big red barn.”

**NUTRITION NOTE:** Use with fruit and vegetable lesson.


Rosie Rabbit takes students on a tour of her garden.