



PLANT A TREE AND ENJOY A SALAD BAR

Grades K-8



ENJOY A PLANT BASED SNACK

K-8: Students get to plant a tree, then they will have a snack that is made from plants!

HALLO!

5 min

SNACK/FREEPLAY

30 min

STORY TIME

15 min

STEM TIME

50 min

Materials:

- Tree
- Shovels
- Metal Rake
- Watering cans
- *Optional- stakes and rope to stabilize tree

Hallo is Dutch for hello!

Greet your students. Be friendly. Use their name, ask a question, give a high five, or thumbs-up! Take roll. Mark down which students took a snack and tally the snacks given out.

Enjoy free play:

Students enjoy playing outside and eating their snacks.

Read the story:

Read to your students outside as they sit in a circle. Older students may choose to read their own books during this time.

Grades K-8: Plant a tree

Say: "Today we are going to do something very special! We are going to plant a tree in our school yard. Trees are not only beautiful, but they provide us with building materials, oxygen, shade, and can even be a home to various creatures! Let's make our school more beautiful with this tree."

K-8 Instructions:

1. Choose a tree that will thrive in the climate where your school is located.
2. Get authorized on where to plant the tree. **Make sure to plant it in a space that is open and away from anything where it could pose a hazard, such as where there are pipes in the ground, too close to a building, or near a powerline. Also, be aware that the tree will need to be planted in an area where it will be watered regularly by the school's watering system.**
3. Prepare the area by thoroughly watering the ground before planting the tree.
4. Have the students haul out the tools, watering cans, and the tree to the spot where it will be planted.
5. Play some fun music for the students to enjoy as they work on planting the tree.
6. Have the students dig a nice hole that is wide and deep enough for the tree. A good rule of thumb is for the hole to be about 2-3x the size of the diameter of the tree's root ball, but be sure not to plant it too deep.
7. Carefully place the tree in its new home.
8. Use the shovels and metal rakes to cover the roots with the dirt that was removed while digging the hole, and make sure it is steady and standing strong on its own.
9. Two stakes and rope may be needed to stabilize the tree.
10. Have the students water the tree.



Materials:

- Paper plates or bowls
- Plastic utensils
- Lettuce
- Dressing: Ranch, Italian, etc.
- Toppings such as:
- Tomatoes
- Peppers
- Carrots
- Cucumber
- Avocado
- Cheese
- Croutons

SPORTS / GAMES

25 min

*Older students may practice their sport if they don't want to play the game.

HOMEWORK / FREE PLAY

20 min

CLEAN UP / DISMISSAL

5 min

Grades K-8: Salad Bar

Say: "Plants are a vital part of the world we live in! They provide us with food, health, clothes, oxygen, shelter, and they even help to clean our air. We need plants to survive. Today we will get to enjoy a salad made up of a variety of plants!"

K-8 Instructions:

1. Have the students wash their hands, and then allow them to help prepare the salad bar. Put the lettuce in a bowl, chop veggies, set out ingredients in bowls, place a serving utensil in each bowl, and set out dressing.
2. Students can take turns coming up to the salad bar to prepare their salad.
3. Students may want to create food art with their food items. Encourage them to do so! Enjoy!

Rain Game

Students get to create the sounds of a rainstorm!

List of actions: Rub hands together, snap fingers together, softly clap hands, loudly clap hands, pat your chest, pat your legs, stomp your feet, stomp and clap, use your mouth to make rainstorm sounds.

Instructions- Have students sit in a circle. Students will use their bodies to create a rainstorm. Every ten to fifteen seconds the STEM coaches will introduce different actions for the students to do. Instruct the students to begin making rain sounds by rubbing their hands together. Then introduce the next action and have them snap their fingers together. As each ten or so seconds goes on, continue to introduce the next actions. Once they get to the stomping, the STEM coaches are welcome to have their students stand and stomp to see how loud they can make the storm! When the storm has reached its peak, begin to reverse the instructions to calm the storm back down until it is over and the students have gone back through all the motions and the storm can end. The activity can be repeated as many times as the STEM coaches like, and students can take turns being the leader.

Instructions:

Allow your students some homework time. If they need help let them know you can help them. If they do not have any homework they can have some reading time, or they can have free time to go outside and play.

Clean up/pack up/dismissal

Clean up, pack up and head home.