



Respect the Garden¹

KEY CONCEPTS: Environmental Stewardship; 5 Senses; Explore; Observe *Soft Skill: Respect*

AGE RANGE: PreK - 5th

TIME: 30-45 minutes

OVERVIEW: The Green Heart Project values *respect*, and it is at the heart of our mission to grow food, minds & community. Practicing respect is an essential part of being a good steward of your community and of the Earth. In all Green Heart lessons, you will follow Green Heart's three rules of respect: 1) Respect Yourself, 2) Respect Your Green Heart Buddies, and 3) Respect the Earth. In today's lesson, you will be introduced to these three rules, use your 5 senses to explore the world around you and identify ways that you can practice *respect*.

MATERIALS:

- Computer, iPad or phone to watch video
- [5 Senses Scavenger Hunt Handout](#)
- [Five Senses Diagram](#)
- [Low-country Seasonal Produce Chart](#)²
- Outdoor (or indoor) area to explore
- Pencil and/or colored pencils
- A piece of paper or journal
- Taste-Test: Herb, spice or healthy snack to “taste-test”

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WARM-UP

WATCH: [Green Heart Rules of Respect video](#)

WRITE DOWN: The 3 Green Heart Rules in your journal:

1. Respect Yourself
2. Respect Your Green Heart Buddies
3. Respect the Earth






DEFINE: the word-*Respect* in your journal. What is respect?

ACTIVITY

IDENTIFY: an outdoor (or indoor area) that you will explore. Pick a place where there are a lot of different things to explore.

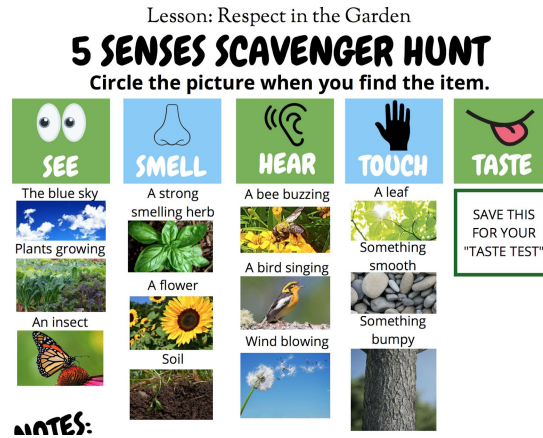
***Suggestions: a garden, your backyard, a local park, looking out your window or inside of your home.*

NAME: your **five (5) senses** as you point to the picture on the [Five Senses Diagram](#). You will see, hear, touch and smell while you explore. You will use your sense of taste later on in the lesson! It is important to always ask before tasting something outside because it might be dangerous to eat.

Five Senses Diagram		
	HEAR	SMELL
I can name my 5 senses.		
SEE	TOUCH	TASTE
		

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WALK: to the space that you picked to explore. Bring your [5 Senses Scavenger Hunt Handout](#) and a pencil. It is time to begin the scavenger hunt!



COMPLETE: the [5 Senses Scavenger Hunt Handout](#) as you observe your space. Use your 5 senses, and practice showing *respect* to the people, animals and spaces around you.

LOCATE: the objects on the hand out. Circle the objects as you find them. Write down any extra things you find under the “Notes” section.

STOP & THINK:

- **Hear:** Be very still, listen for small & big noises. What do you hear?
- **See:** Find one area to watch very closely. What do you see - different colors? birds, or bees?
- **Touch:** Compare and contrast two different objects. Are they rough, or smooth? Do they feel wet, or dry?
- **Smell:** Close your eyes. What does your nose smell? Is there a smell that is familiar to you?

DRAW: a scientific drawing of something you found in your journal. Scientists take good notes and sketch pictures while they explore to help them remember their observations. Make sure to use color and label your drawing.

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ANSWER: in your journal, answer the following **question:** **What are some ways that you practiced respect during your scavenger hunt?**

If you get stuck, think did you...

1. *walk carefully around your space making sure not to step on anything?*
2. *give space to any animals or insects that you saw?*
3. *touch things gently so that you wouldn't harm them?*

These are all ways to show respect!

REVIEW: two (2) ways that you can practice respecting the Earth using the sentence starters below. Say them out loud to a partner, or write them down in your journal.

Sentence Starter #1: I can respect the earth by...

Sentence Starter #2: I will respect the earth by...

TASTE TEST

In every Green Heart lesson, there is the option to do a “taste-test.” This is an opportunity to be brave and try a new, healthy food!

PREPARE: Now that you have explored your senses of sight, smell, hearing and touch, it is time to taste! Get your taste-test ready. Ideas for today's taste test include a fresh herb (like mint, basil, thyme, or rosemary) or or a seasonal fruit or vegetable listed on the [Low-country Seasonal Produce Chart](#).²

WATCH: [How to do a Green Heart Taste-Test: Rules & Ratings](#).

TRY: 3..2..1.. Taste-test!

RATE: After trying your taste-test, give it a Green Heart rating.

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REFLECTION & CONCLUSION

REFLECT: on your scavenger hunt. Now that you have explored ways to respect the Earth, how else can you practice respect? Discuss out loud, or write your answer to the following **questions** down in your journal:

1. How can you respect yourself?

- a. What are some things that you can do in your life to take care of your body, stay healthy and stay safe?

2. How can you respect others?

- a. What are some things you can do to show other people that you respect them?

CONCLUDE: There are lots of different ways that you can practice respect. In your everyday life and during a Green Heart lesson, it is important to show respect for yourself, for others and for the Earth. Practice respect for your workspace by cleaning up any materials!

DIGGING DEEPER

Modifications:

- Complete this activity with a partner.
- Have someone read the instructions out loud and take notes for you.
- If you are not able to get outside, do this activity indoors and use your imagination or technology to help you complete the scavenger hunt.

Extensions:

- Write a letter to your local congress representative. Identify ways to show respect to the Earth. Explain the reasons why respecting the Earth is critical during climate change.
- Design a poster to advocate for your community to respect the Earth. Get creative!
- Use a variety of sources (books, people, internet) to research ways people are taking care of the Earth on a local, national and global scale. Are there groups of people, or organizations that you find interesting? Choose one. Create a

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pamphlet illustrating who they are, what they are doing, and why their efforts are important.

- Cross-curricular Lesson Connections:
 - Find a quiet place to write, or read a book outside in nature. Check out these [Farm to School books](#).
 - Count and sort different items found in nature by color, shape, size, or item.

Educator Notes:

- If completing with a larger group, break into small groups of 3-5 students to go on the scavenger hunt. Assign each group member a 'job' to practice teamwork and leadership skills (job ideas: note taker, time manager, garden extraordinaire).
- Have each student choose an object from nature (i.e fallen leaf, flower, rock, stick, etc.). Remind students that to show respect, choose something non-living. Option to take a picture of the object with a camera, or draw a picture. Ask students to create a scientific drawing of the object.
- Soft Skill: Respect. Reinforce students practicing respect throughout their daily routine.

References:

1. This lesson was adapted from a 6th grade Edible Schoolyard Berkeley lesson.
2. [Coastal Conservation League](#) GrowFood Carolina - 2020 Annual Crop Calendar

SCIENCE STANDARDS: AL 1. Children engage in play as a means to develop their individual approaches to learning.; AL 5. Children extend their learning through the use of memory, reasoning, and problem-solving skills.

HEALTH STANDARDS: SE2. Children demonstrate self-control, respect and responsibility.

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