



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 4, LESSON 12: THE PEOPLE'S GARDEN

Child Care Provider – visit a garden and immerse yourself in the nature. Any interpretation of a garden, such as a botanical garden, backyard, or community vegetable garden will work.

- First, sit quietly for at least ten minutes.
- Next, begin journaling about your thoughts.
- Consider what your inner scientist is pushing you towards...what questions do you have?
- Think about how your sense of wonder is engaged...how do you feel?
- Consider which elements of the space are impacting your experience.
- Reflect on the aspects of the setting that you can translate to your school environment.

Director and Staff – think about the small steps your program can take to enhance children's healthy choices, both through eating and being physically active.

Action Step: Choose a logical place for you to start and create or enact one enhancement.

Reflection/Discussion Questions

- *How does adding a gardening component to your program enhance your curriculum?*
- *What values do you hope to instill through intentionally adding gardening and more nature to your program?*
- *What ways can you involve families and your community in these efforts?*
- *What can you do to enhance your gardening efforts over time and increase the sustainability of your projects?*