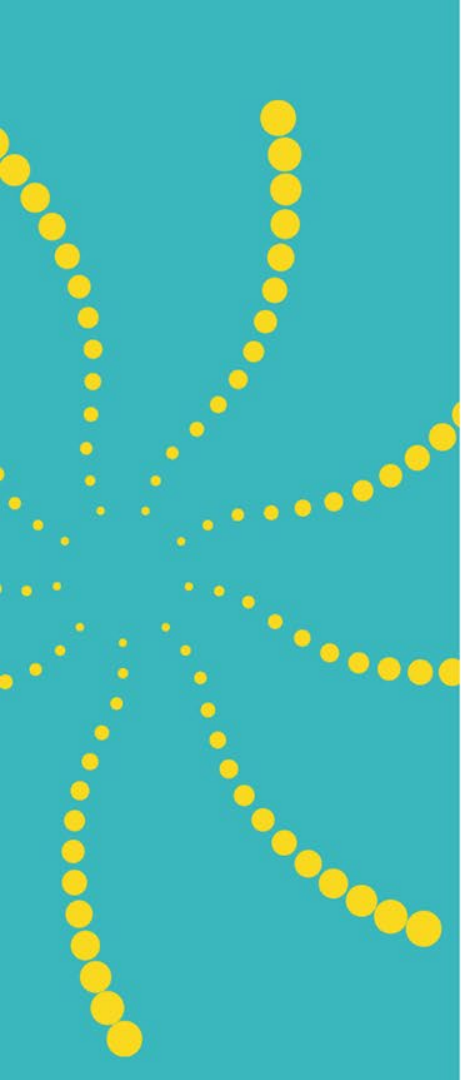




From Seed to Table

Moving Storytime

Unit 6 Lesson 5
K-1



**Today we will use our bodies to create a community garden
with Michael and Maria.**

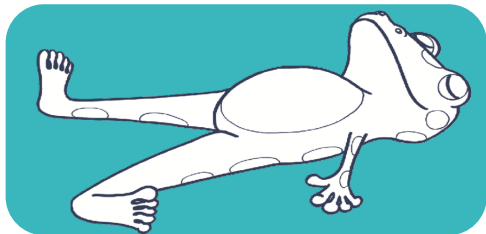


One day, Michael and Maria were walking around the neighborhood with Aunt Zazu and their friend Kaya, and they noticed there was an empty patch of yard at their apartment complex that no one visited. This was the perfect place to rest. The ground was hard and cold, and nothing grew there.

Can you feel the hard ground underneath you?

Kaya said, “This used to be a garden, but no one takes care of it anymore.”

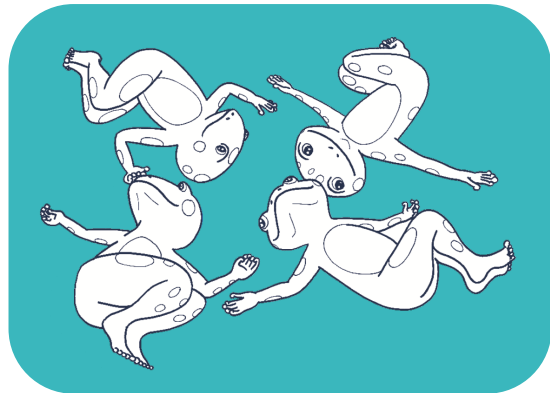
They spent a little time quietly lying on the ground, resting after their walk, and imagining the garden that used to be there. Aunt Zazu had an idea! She went and borrowed some tools from a neighbor and told the children that with a little bit of work, they could turn this spot back into a garden.



Maria, Michael, Aunt Zazu, and Kaya got to work! They started to prepare the ground for gardening. They dug up weeds. Neighbors saw them working and joined in to help.

They twisted, turned, and tilled the earth, breaking up the soil and letting it mix with fresh air.

They dug down deep, pulled up roots and rocks, and twisted, turned and tilled the earth some more.



Group Windshield Wipers

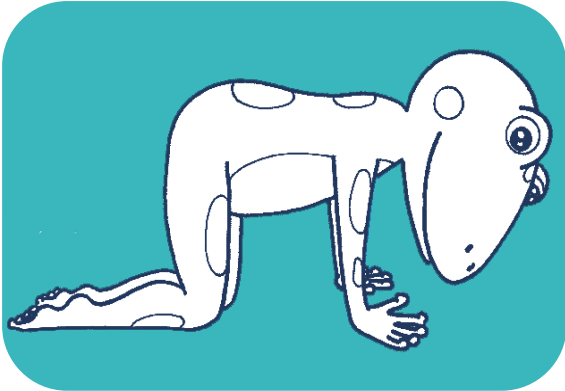
After they had done a lot of work to till the ground, Aunt Zazu gave each of the children a packet of seeds.

Michael planted big, long, thin, white seeds.

Maria planted round, bumpy, black seeds.

Kaya planted tiny little brown seeds.

What kind of seeds are you planting?



Hands and Knees

Michael, Maria, and Kaya wanted to remember to take good care of their seeds. Before they covered them with soil, they whispered kind words to their seeds and asked Aunt Zazu to help them take good care of their plants.

**May you be happy.
May you feel healthy and strong.
I hope you feel loved and cared for.**

Finally, all of the little seeds were tucked away, covered with dirt and safe and sound in the earth.

Imagine those tiny little seeds still and quiet under the soil.



Kind MInd for Others-Seeds

Michael, Maria, Kaya, and Aunt Zazu spent a little while cleaning up the garden and labeling their plants so everyone would know to keep them safe. While they took care of the garden, the seeds stayed safe and sound, quiet and cozy under the ground, taking in oxygen and nutrients from the soil around them.

Over the next few days, soft rain fell on the earth, bringing water to the thirsty seeds.

After the rains had passed, the warm sun shone on the ground, drying the ground and warming the soil around with seeds.



Child's Pose

The next time Michael, Maria and Kaya were in the garden, they saw something amazing! Imagine, what do you think they saw in the garden?

The tiny little green sprouts were peeking out and reaching up out of the soil.

The baby sprouts were delicate, barely reaching above the ground, lifting up their leaves to soak up the warm sun. Can you imagine the warm sun shining on you?



Michael's mind was swirling. He yelled, "I don't want to do this anymore!" and stomped his feet

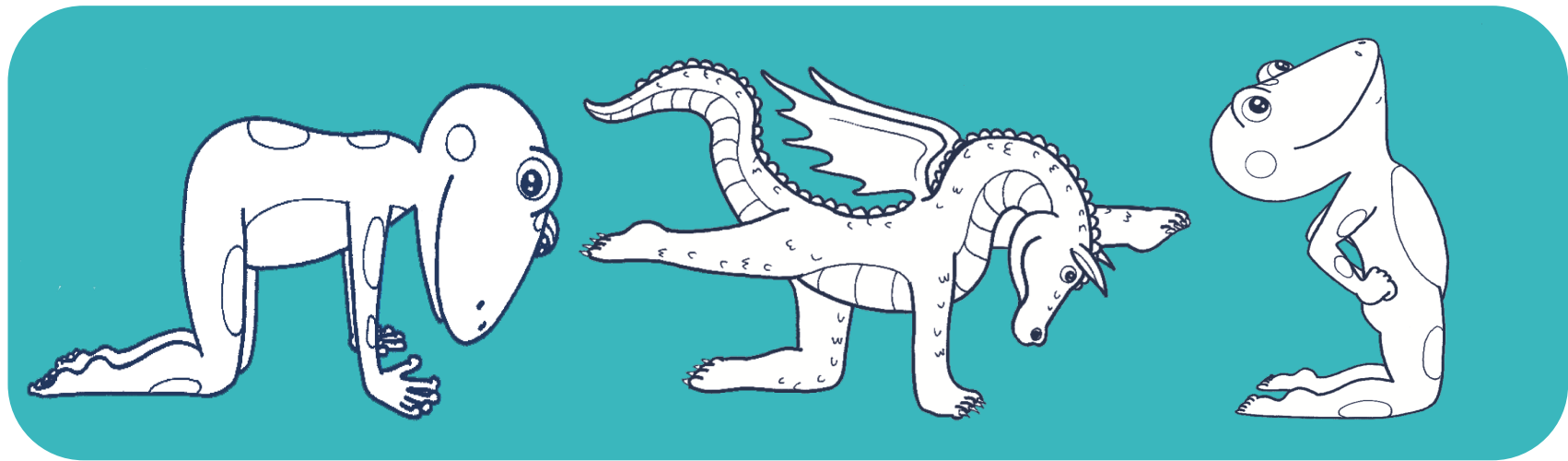
Michael was getting really frustrated and Maria noticed this. Maria could tell that Michael's mind was swirling with uncomfortable thoughts and feelings.

Maria showed Michael compassion by encouraging Michael to pause. "Remember what Mr. Montana taught us?" she asked.

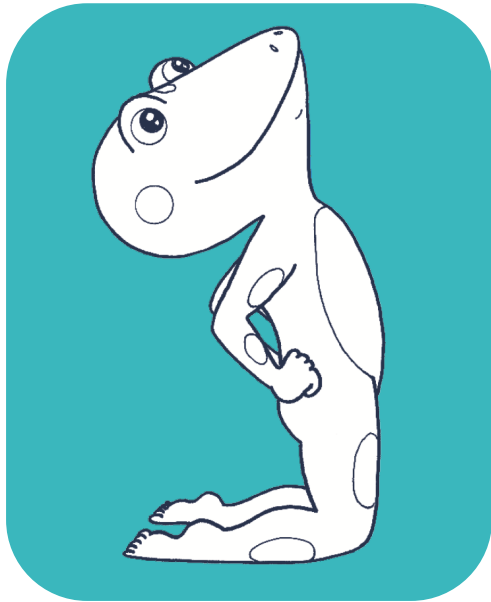
Then Maria told Michael that even though the Pause Place mat was in the classroom, they could still practice calming and settling their minds and bodies.

The children watered their plants, kept the garden neat, and picked out weeds. Neighbors came to help them whenever they could.

The plants grew even stronger.

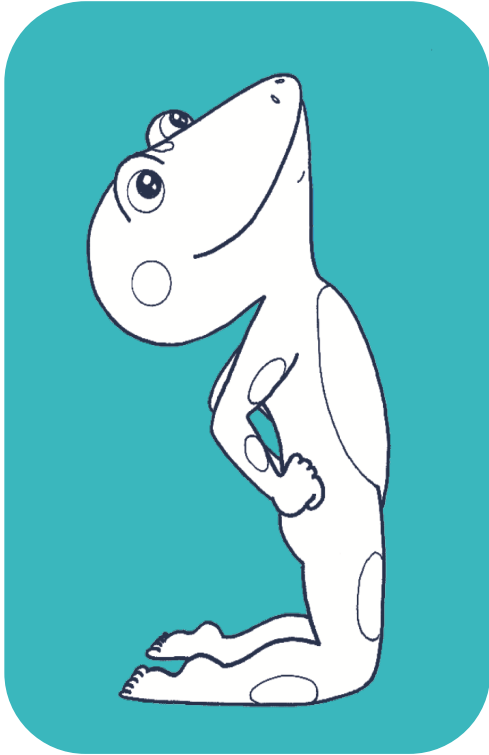


As the plants grew, their leaves unfolded and turned upward to soak up the sunshine and catch the water. The children started to notice neighbors from their community coming by to check on the plants and take care of the garden space.



Camel Pose

Camel Pose



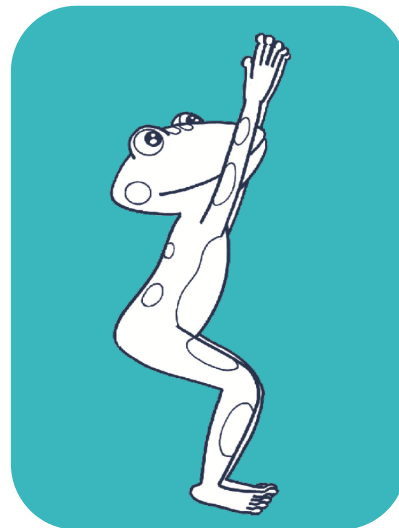
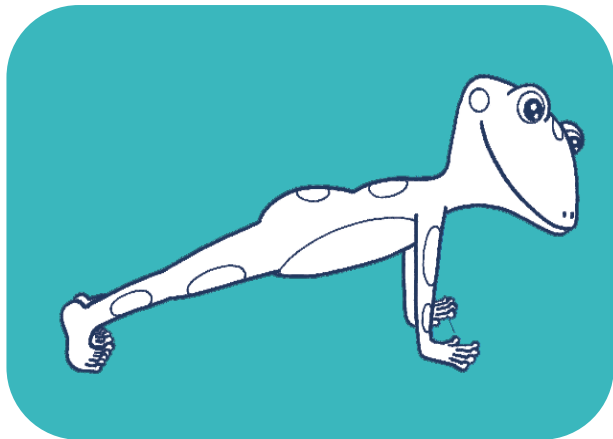
On a very windy day, our friends were very worried about their garden. They were afraid their plants would blow over or break.

They saw that sticks and trash had blown all around the apartment complex, even into the garden, but as they walked to the garden, they saw that their neighbors were already helping to clean up the space and check on the plants.

They were happy when they noticed that even when the breeze blew the plants to one side and then another, they were strong enough to reach back up.

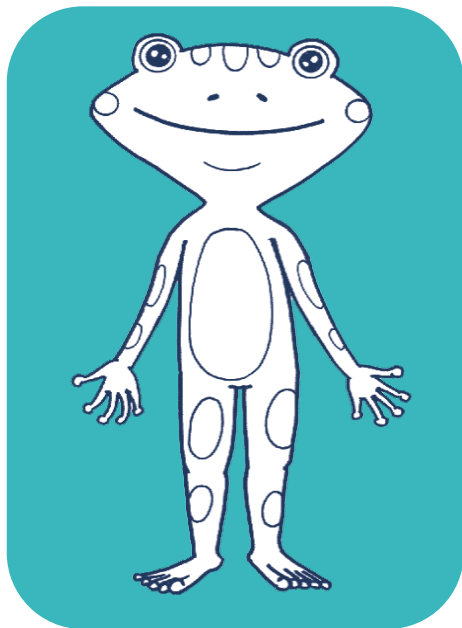
Michael, Maria, and Kaya couldn't see the plants' roots, but they knew that under the ground, the plants were growing strong roots.

The roots were getting deeper and longer every day, anchoring the plants down so they could get food from the soil and grow even taller.



The flowers had blossomed, the veggies were growing bigger and riper on the vines, and the herbs smelled delicious.

There was so much growing in their garden, Aunt Zazu, Kaya, Maria, and Michael imagined what they could do with all of these flowers and vegetables.



What do you think they should do?

