

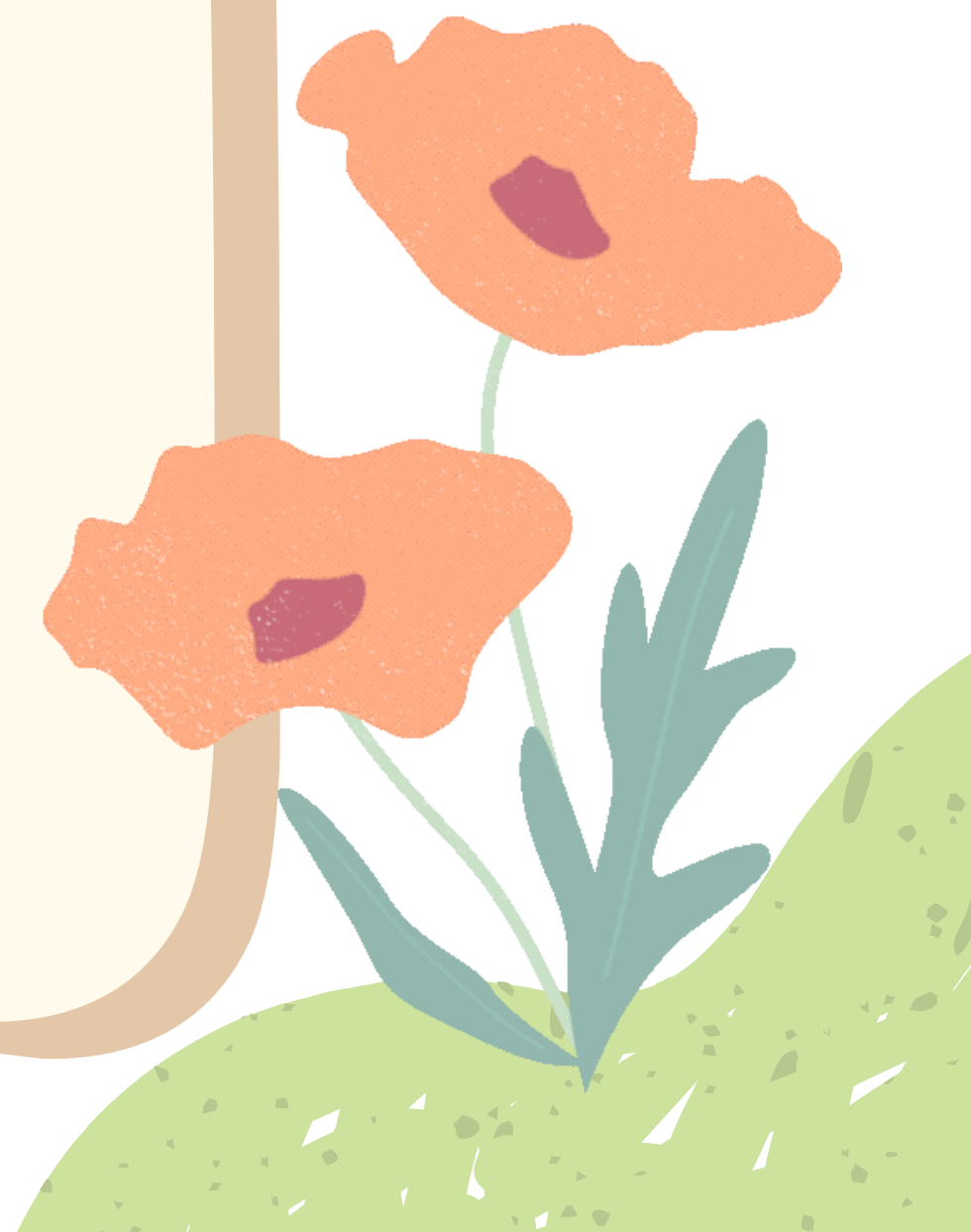


ACTION FOR
HEALTHY
KIDS 

CONNECTING THE DOTS
HEALTH AS ART

A GARDEN OF MY OWN

An art-based social-emotional health activity for
mindfulness and sensory-based learning.



✦ Mindfulness-based learning

Mindfulness-based learning helps us to teach our brains ways to bring our attention to the present moment. It helps us to reflect on what is happening within our own bodies, in the environment that surrounds us and influences how we connect with others.

✦ Sensory-based learning

Sensory-based learning encourages us to learn through creativity, exploration, and imagination using one or more of our five senses. It helps us to build connections between the brain and body and helps us to learn new information in a way that is most helpful to us.

What is mindfulness and sensory-based learning?

Connecting the Dots



From patience and reflection to teamwork and collaboration - there are many lessons the garden can teach us. The garden can also help us to reflect on both our feelings and our communities.



A Crop for All Seasons

How does weather affect the plants in a garden?

Some plants feel their best when the sun is shining bright and the clouds share a drizzle of rain - like tulips and lettuce in the spring. Some plants feel their best in all types of weather and don't mind a blanket of snow - like evergreen trees or cabbage in the winter. Different types of plants need different things to help them feel their best and grow their strongest. Just like plants, knowing how to name the things we need to feel our best helps us to grow and bloom.

Reflect on the things that make you feel good. Maybe it's music or a favorite blanket. Or maybe it's talking about your feelings with a friend. Make a list and create your own garden box to help you feel your best for all seasons.



Sow and Grow

How do seeds become flowers, fruit, vegetables, and trees?

For seeds to become plants they need time and nourishment. We can't make a seed sprout faster than it's ready to, but we can make sure it has sunlight, water, and healthy soil. Over time and little by little these seeds begin to sprout until they've grown. Seeds are a little like our goals. They take time to reach and need us to feel our best so we can keep working towards them.

Reflect on ways you can stay healthy and feel your best physically (taking care of your body), socially (caring for your relationships), and emotionally (checking in on your feelings).

What goals can you plant now?

What steps can you take to work towards them and help them grow?



Helping Hands

How do people, animals, and insects play a role in caring for a garden?

Gardens are an ecosystem which means they are a community of plants, insects, birds, animals, and more who work together to keep the garden growing and healthy. Each one has an important role to play - where their strengths help others. It takes many helping hands to care for a garden - just as it takes many helping hands to care for ourselves and others.

Reflect on the helping hands at home, at school, and in your community.

Who can you reach out to when you need a friend or want to ask for help?

How can they help you reach your goals?

How can you be a helping hand for someone else?



A Garden of My Own

Create a garden of your own with homemade sensory paints. Discover how household items can transform into colorful fluffy, bubbly, and yummy-smelling paints.

Not sure what to paint?

- Your favorite flower or tree
- Your favorite fruit or vegetable
- A fruit or vegetable you would like to try
- Use your imagination to dream up a new type of plant, fruit, or vegetable that combines all of your favorites



Puffy Paint

Materials

- Paper
- Bowl (plus small bowls or cups)
- Spoon
- Paintbrush
- Food coloring
- Glue
- Shaving cream



Instructions

- Mix equal parts shaving cream and glue in a bowl and mix.
- Separate the mix into small bowls or cups.
- Add food coloring and discover what colors you can make.
- Use a paintbrush to create a fluffy painting.

Baking Soda Paint

Materials

- Paper
- Bowl
- Spoon
- Two paintbrushes
- Food coloring
- Baking soda
- Vinegar



Instructions

- Mix equal parts food coloring and baking soda in a bowl and mix.
- Separate the mix into small bowls or cups.
- Add food coloring and discover what colors you can make.
- Use a paintbrush to create a colorful painting.
- Once your painting is complete, dip a second paintbrush into vinegar (or use a spray bottle) and watch your painting bubble to life.

Spice & Herb Paint

Materials

- Paper
- Bowl
- Spoon
- Paintbrushes
- Food coloring
- Flour
- Water
- Cornstarch
- Assorted dried spices or herbs (e.g. cinnamon, turmeric, thyme, nutmeg, lavender, etc.)



Instructions

- Mix 1 cup of warm water, 1/4 cup flour, and 4 teaspoons of cornstarch in a bowl and mix.
- Separate the mix into small bowls or cups.
- Add food coloring and discover what colors you can make.
- To each bowl or cup, add 1 tablespoon of a dried and ground herb or spice.
- Use a paintbrush to create a fragrant masterpiece.

Reflecting on making your paint...

- What did you like most about the paint(s) you made?
- What did you like least about the paint(s) you made?
- What could you do differently to change the texture or colors next time?

Reflecting on your garden painting...

- What are your favorite fruits and veggies?
- What are some fruits and veggies that you would like to try?
- What things do the fruits and veggies in your garden need to grow and feel their best? What things do you need to grow and feel your best?

Reflective Wrap-Up

