

Week 3, July 25th
3-6 Year old Campers
Asanya Wawlagala and Maunika Reddy
Lesson Plan 3

**** what parents need to do is highlighted in blue, thank you for your help and cooperation**

1. Welcome Back and Get to Know You activity
 - a. Parents please send in a picture of your child because we are going to make a slideshow so all of the kids can get to know each other.**
2. Exercise (Volunteer chooses)
3. Mindfulness/Meditation led activity - hiking a mountain and becoming a mountain
4. Food Preparation: Almond butter, banana ice-cream (recipe p. 62 in Real Kids Real Food Lesson Plans Book)
 - a. Ingredients needed
 - i. Banana
 - ii. Almond butter (or sunflower butter) or half cup of frozen fruit (your choice)
 - iii. Seasalt
 - b. Parents please make sure to refer to this recipe before class and prepare the items before class starts so the students can follow along and do the recipe with the video with your help**
 - c. Buy a banana as soon as possible (so it is ripe by Saturday) and make sure to peel it before freezing, and then freeze it cut in slices the night before.**
5. Review what we learned last week
 - a. Rainbow of fruits and vegetables.
 - b. What are the benefits of eating fruits and veggies of each color in the rainbow?
 - c. Flashcards with colors of veggies and fruits
 - d. Drawing Fruits and veggies in a rainbow Homework
6. Lesson of the day: DeStressing
 - a. What is stress?
 - b. Is stress good or bad?
 - c. What are good types of stress and what are bad types?
 - d. What stresses you out?
 - e. Everyone brainstorms things that stress them out and we write them on the whiteboard.

- f. Everyone will choose one stressful situation, either from the whiteboard list or a new one, and act it out with no words — everyone else will have to guess what it is.
 - g. If you don't want to act it out, you can draw it!
 - h. How do we identify stress?
 - i. In order to destress, we need to know how to identify when we're stressed!
 - j. Let's name some signs of stress. This can be an emotion that you feel, a way that you act, or a reaction that happens to your body.
 - k. After you say your sign of stress, pick someone else who hasn't gone yet to say something next
 - l. I'll start: when I'm stressed, my face gets hot and my cheeks get really red (call on someone else)
7. Show the point chart at the end to show the kids how many points they earned this week
 8. Reflection of what we did this week and any answer questions kids or parents may have
 9. Next Week: Food Preparation: Zucchini linguini with marinara sauce (recipe p. 15 in Real Kids Real Food Lesson Plans Book) The Lesson Plan next week: Sugar Shock (lesson p. 37)