

## **CO CURRICULAR ACTIVITY - 2**

**APRIL 2022-23**

**GRADE – 3 , 4 & 5**

**ENVIRONMENTAL AWARENESS**

**GARDENING**



## ACTIVITY - 2

**Activity Title: Gardening**

**Classes: Grade 3, 4, & 5**

**Duration of the activity: 3 Weeks**

**Teacher Responsible: Class Teachers & Subject Teachers**

### **Description of the activity:**

#### **Aim of the activity:**

- It connects students to the natural world and helps create responsible caretakers of the planet.
- It gives children first-hand experience with nature and gardening.
- It is an outdoor physical training combined with intelligent mental effort quite equal in its effects to shop work.
- It enhances the knowledge of children regarding nutritional aspects of vegetables and harmful effects of junk foods.
- Students learn about local food and what grows in their environment.
- It helps to create a connection to food and get students thinking about where their food comes from and what it takes to grow it.
- It supports better nutrition in students and can incorporate lessons on healthy eating.

#### **Learning Outcome**

##### **Knowledge**

- Gardening is a healthy, fun activity for children.
- Students develop a new skill and learn about science and nature from growing their own food cultivation.
- Students know about how the plants grow stage by stage in the garden and able to understand and identify the stages of plants growth.
- We should make them to plant a tree and teach them the values of planting and make them water their plants every day.

- Students get to know the farmers efforts.

### **Skills**

- Patience
- Time management
- Delayed gratification
- Gentleness and compassion
- Observation skills
- Sensory exposure
- Faith
- Confidence
- Patience
- Commitment
- Independence
- Bravery
- Contentment

### **Attitudes**

#### **1. Responsibility**

- Teaching children the importance of responsibility will set them in good stead for all aspects of their life.
- Adopting a healthy attitude to responsibility and accountability will also help children take pride in their accomplishments.

#### **2. Creativity**

- Gardening is a great way to stimulate imaginations and encourage them to exercise their creativity.

#### **3. Nutrition**

- Outdoor space offers a great environment to teach children the importance of nutrition, as well as the benefits that come hand in hand with leading a happy, healthy and well-balanced lifestyle.
- Helping your children understand where fresh food comes from will help them make wise food choices in the future.

#### **4. Health and Fitness**

- Fun, productive, and exciting; kids love exploring the outdoors. And encouraging children to get out into the garden will not only help them to develop core life skills but will also help improve their sensory and physical development.

## **5. Discovery**

- Garden is an outdoor classroom where your children can learn about nature, plants, nutrition, and even different weather conditions. These educational benefits will have a positive impact as they grow into young adults.
- From observing how the sunshine affects the growth of plants, through to watching the important role insects play in the garden, children will be able to gain an appreciation for nature and the circle of life.

## **6. Self Confidence**

- Gardening is a great way to boost self-esteem, stimulate independent thought, and increase engagement levels.

## **Subjects Integrated:**

**English :** communication , sequencing, comprehension skills

**Math :** Proportion, measurement, area, perimeter

**Science :**

- Impact of Climate Change and how School Nutrition (Kitchen) gardens will be helpful
- Help in addressing malnutrition & micro nutrient deficiencies by consumption of freshly grown vegetables.
- Photosynthesis

**Social ethics :**

- Nutritional aspects of vegetables and harmful effects of junk food.



## Evidence:



















