

DIGGING INTO PHYSICAL ACTIVITY: ACTIVE PLAY IN ECE GARDENS



Learning Objectives

By the end of the session, participants will be able to::

1. Describe how recommended practices for physical activity and Farm to ECE support active play in the garden.
2. Identify three garden activities that support fundamental movement skill development.

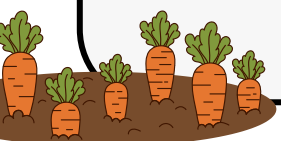
Key Concepts:

Farm to Early Care and Education (Farm to ECE) is an initiative designed to enhance access to healthy, local foods in ECE settings. The core elements of Farm to ECE include program gardens, food and farming education, and use of local foods in meals and snacks. Gardens provide hands-on learning experiences and holistic development for young children. <https://www.farmtoschool.org/our-work/early-care-and-education>

Physical Activity All children in ECE should experience outdoor play 2-3 times daily with toddlers and preschoolers spending 60-90 minutes outdoors. Adults play a critical role in setting up environments and experiences that allow children to play and practice motor skills.



Garden games and activities discussed in the session I will take back to my program



Resources Shared:

Farm to ECE Children's Book List



Sustainability via Active Garden Education
(SAGE)



Free children's yoga materials from
Kids Yoga



D is for Downward Dog ABC by
Calm Mindful Press



The Yoga Game in the Garden by
Kathy Beliveau and Denise Holmes



Lyrics to Parts of a Plant



My Notes:

Summary Activity - What are you taking away from this training?



Identify **3** ideas or concepts that “square” with your thinking.



List **2** ideas you will take back and share with peers, families, or apply in your practices with children.



Write down **1** idea still circling in your head.

Additional Resources:

[Farm to Early Education Self-Assessment](#)

[NC State Preschool Gardening Activity Guide](#)

[KidsGardening.org](#)

[Naturalearning.org](#)

[ASPHN Farm to ECE Resource Catalog](#)

For more information on PALS and the PALS Micro Trainings, speak with today's trainer.

<https://healthykidshealthyfuture.org/trainers/pals/>