

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Visit to the Vegetable Patch

- We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride. Lean to right as we bounce around the corner. Now lean to the left.
- We made it! Put on your boots and gloves and let's take a walk around the farm. Look at all of the vegetables. Which one is your favorite?
- Let's go dig some root vegetables first. Get your shovel ready and scoop up some potatoes and then pull up the carrots and onions. Put them in your wheel barrow.
- Next we can walk over to pick some leaves. Do you eat leaves? Of course you do. One kind of vegetables is leaves! Reach down low and tear off some lettuce and spinach.
- Ohh! Look at the pretty flowers over there. Bend at your waste with your legs straight and smell the flowers. We eat flowers too! Let's reach down and cut some heads of broccoli and cauliflower. Yummy!
- I see a whole field of tall corn stalks. Stand on your tip toes. Can you see over the top? Now, reach up high and pick some ears of corn. Keep picking until you have a basket full.
- Let's skip over to those vines and shrubs. Reach down to pick peppers, tomatoes and zucchini.
- Finally, let's head inside to the kitchen and cook up something good to eat with all the vegetables from the garden. Mmmmmmm!!!