

Activities 3 year olds



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There are so many fun ways to incorporate kale into lessons plans for toddlers! Try these activities to celebrate October Farm to School month, while meeting Georgia Early Learning and Development Standards (GELDS):

- **Incorporate kale into morning circle time:**
 - Many “letters of the week” can incorporate kale, for example: K is for Kale, E is for Eat, G is for Garden or Green, L is for Leaf, P is for Plant, V is for Vegetable.
 - Plan your color of the week or month to be green, so you can incorporate kale.
- **Plan an indoor or outdoor scavenger hunt** for “things that are green”, include kale in the hunt (APL3)
- **Explore fresh kale leaves:**
 - Torn or shredded kale can be used in a sensory bin or sensory bag (PDM4)
 - Encourage kids to use a kale leaf to pop or catch bubbles (PDM6, APL4)
 - Tear kale leaves, and practice counting torn leaves (CD-MA1)
- **Make art with kale:**
 - Trace kale leaves, or color pictures of kale. You can use [this coloring sheet](#) from FoodHero.org
 - Try kale leaf rubbing. Instructions for how to do a rubbing can be found in the [National Kale Day Toolkit](#)
 - Glue torn kale onto an outline of an alligator to look like scales, or a bird to look like feathers
 - Use kale to paint: either paint the leaves and make prints on paper, or sharpen the stalk and use as a paintbrush
- **Cook with kale:** Try these easy recipes that kids can help make:
 - Vegetable Soup: kids can help add chopped or canned vegetables and broth into an unheated slow cooker. Cook soup on low, out of reach of children, for a few hours. As soup is cooling, have children tear their own kale leaves. Serve the soup, and let children stir in their own kale leaves, and talk about how the kale gets smaller in the warm soup.
 - Quesadillas: kids can layer cheese, kale and other toppings (like beans or cooked sweet potato) onto a tortilla. Heat the tortillas until the cheese is melted.

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- **Send small kale plants home with parents:** You can grow your own kale starts by planting them in September. Or, you can buy kale plants at a local nursery. You can get creative, and let the kids help paint the plant pots (CD-CR2)
- **Decorate your outdoor entryway with kale:** Hollow out pumpkins, fill with soil, and use as planters for kale plants. This is sure to be a festive, fun conversation starter with parents



Photo Sources: <https://www.hgtv.com/outdoors/flowers-and-plants/vegetables/diy-pumpkin-planters-pictures>

<https://www.pinterest.com/pin/209206345170085452/?lp=true>

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There are so many fun ways to incorporate kale into lessons plans for three year olds! Try these activities to celebrate Farm to School month, while meeting Georgia Early Learning and Development Standards (GELDS):

- **Incorporate kale into morning circle time:**
 - Many “letters of the week” can incorporate kale, for example: K is for Kale, E is for Eat, G is for Garden or Green, L is for Leaf, P is for Plant, V is for Vegetable
 - Plan your color of the week or month to be green, so you can incorporate kale
- **Dramatic play:** add real or fake kale to the dramatic play area. Encourage children to pretend to purchase kale, while taking turns measuring the weight, counting kale leaves and/or play money, and playing cooperatively with others (APL3, CD-MA1, CD-MA3)
- **Explore fresh kale leaves:**
 - Torn or shredded kale can be used in a sensory bin or sensory bag (PDM4)
 - Tear kale leaves, and practice counting torn leaves (CD-MA1)
 - Collect a variety of leaves, and compare and contrast kale leaves to the others(CD-MA3)
- **Make art with kale (CD-CR2):**
 - Trace kale leaves, or color pictures of kale: http://foodhero.org/sites/default/files/coloring-sheets/kale_coloring_sheets_0.pdf
 - Try kale leaf rubbing: <http://nationalkaleday.org/kale-hero-toolkit.pdf>
 - Glue torn kale onto an outline of an alligator to look like scales, or a bird to look like feathers
 - Use kale to paint- either paint the leaves and make prints on paper, or sharpen the stalk and use as a paintbrush

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- **Cook with kale:** Try these easy recipes that kids can help make (PDM-2):
 - Vegetable Soup- kids can help add chopped or canned vegetables and broth into an unheated slow cooker. Cook soup on low, out of reach of children, for a few hours. As soup is cooling, have children tear their own kale leaves. Serve the soup, and let children stir in their own kale leaves, and talk about how the kale gets smaller in the warm soup.
 - Quesadillas- kids can layer cheese, kale and other toppings (like beans or cooked sweet potato) onto a tortilla. Heat the tortillas until the cheese is melted.
- **Taste test comparison:** Sample kale prepared different ways, like a fresh kale salad, sautéed kale, and oven roasted kale. Create a chart to document their favorite
- **Grow kale in a garden or pot:** If you are starting from seeds, you'll need to start in September. Or, you can buy small kale plants at a local nursery, and replant in pots as a class (CD-SC3).
- **Decorate your outdoor entryway with kale:** Hollow out pumpkins, fill with soil, and use as planters for kale plants. This is sure to be a festive, fun conversation starter with parents!

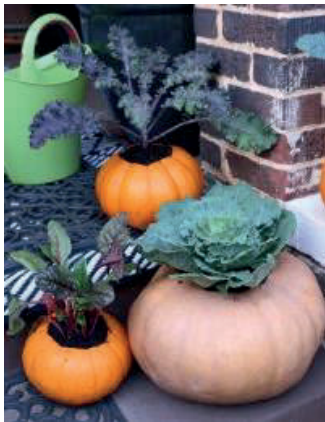


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