

Health, Wellness, & Tower Garden Class Newsletter (class #3 & 4)

Hello Montessori Preschool families! Mrs. Stapley here!

I'm a Health Coach & I teach your kiddos the **Health & Wellness & Tower Garden classes on Tuesdays.**

(Some of your kiddos may have had me last year)



What a joy that is to see them loving & learning to take care of their bodies!

For our 3rd class we introduced the concept of “Eating the Rainbow”!

The foods with colors

from nature; not fake or synthetic colors & foods.

And how each of the colors especially helps with certain parts of our bodies!

For example: Fruits & Veggies that are Purple & Blue help with Brain health & Function.

Yellow helps with your Vision.

Red, with your heart health.

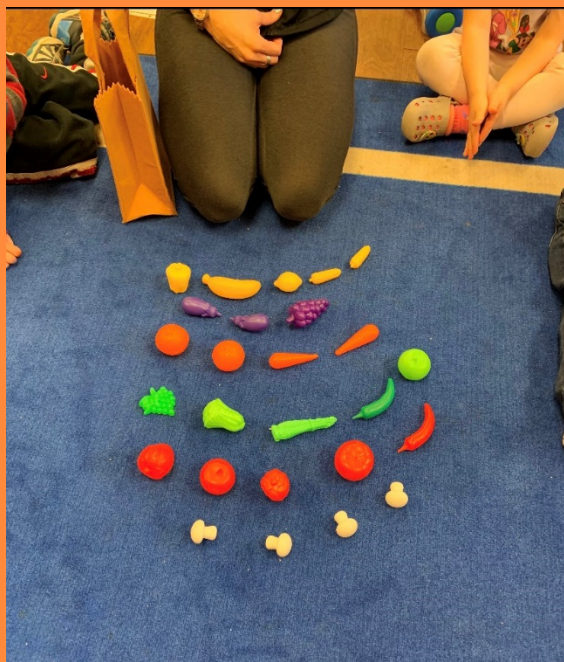
White, with your bone health.

And we listed as many fruits & veggies in each category that we could think of.

Mrs. Stapley brought in her kid sized shopping cart & grocery bag full of play produce

& encouraged them to pick out & try a new fruit or veggie at the grocery store

When they go with their family to get fresh food.



Class #4

We learned about things that can help our brains to be **calm & focused**.

Through:

Sounds: Calming Music (we listened to calming music & then upbeat fun music & watched how our brains & bodies reacted. They noticed that when the faster music came on, they all wanted to move their bodies & when they listened to the calming music, they could be much more still.

Both are great for our bodies & brains at the right time)

Colors: Blues & Greens, was our main focus colors. We talked about where we can find those colors in nature.

Smells: For an example, Lemon for Focus & Lavender for Calming. Each child took a turn smelling the essential oils of lemon & lavender.

Touch: We talked about the texture & feel of different materials & fabrics. For example with sleep. We talked about why we love to sleep with & on softer, fuzzier fabrics over scratchy rough fabrics.

Body Movement: Physical play & exercise in general are amazing for improving our brains ability to focus & increase our moods to feel better (even more proven benefits to our mental sharpness & mood than even our physique).

But today we placed emphasis on **Yoga** & how that can be a fantastic way to calm down our brains & help us feel better all around.

*Here is a link to the Guided Relaxation story for kids that they listened to as part of learning ways to help calms our minds.

<https://www.youtube.com/watch?v=ZBnPlqQFPKS>

For Our Tower Garden lessons...

First off, I gotta say how fun it is to see the children's favorite part of learning about the Tower Gardens is Taste Testing the different greens, herbs, & veggies on our school's tower!

They got to have a little "science lesson" as they saw how we easily test the ph balance of the water to make sure its just right for the plants to stay healthy & strong.

And they got to see the liquid minerals that we put into the water to also help them grow & then explained how we then get the minerals our bodies need from these plants that we eat so we can stay healthy & strong!



- They taste tested **Mint leaves & All Star Gourmet lettuce mix!**
Most of them really liked it! I'm so impressed with their willingness to try new things!

A few neat facts about Tower Gardens . . .

- They take up 90% less space than a traditional garden that would be required for the same amount of plants.
- They use 90% less water than traditional gardens.
- The plants (greens, lettuces, veggies, herbs, flowers, fruits) grow 3 x's faster than a traditional garden.
- The Tower Gardens can be placed on a back porch or indoors to grow. (Lights designed for the TG's are needed for indoor growth).



THE TOWER GARDEN

The Future of Urban Gardening

- No Dirt
- 90% less water
- 90% less space
- 100% success



In each class,

The Healthy Eating Song & dance. <https://www.youtube.com/watch?v=-JldSBUQB34>

(Ask your child if they can remember the fun & simple dance moves to the song and if they'll dance & sing along for you).

Here is a link to check out more info on these amazing tower gardens,
and on easy & yummy kids supplements to fill in those “Nutritional Gaps”.

www.karisstapley.towergarden.com
www.karisstapley.juiceplus.com

Or contact me directly, I’m happy to answer any questions you may have regarding Tower Gardens & how to have success with keeping your kids healthy & growing strong!

With much care,

Karis Stapley, The Health Compass www.compassdevelopment.org

Ps. For more family health tips, you can follow me at

<https://www.facebook.com/The-Health-Compass-by-Karis> or
<https://www.instagram.com/the.health.compass/>