

A Clementine Experience

Children's Activity

Overview

Children will take their time and use all of their senses to actively see, smell, feel, and taste a clementine while they eat it. Children will experience mindfulness while eating.

Themes Met:

- #2 Healthy lungs help keep out bodies healthy
- #3 Lungs help us do well in school
- #4 We use lungs to do healthy activities
- #5 Breathing helps us manage our feelings

Supplies

Washed clementines (could substitute raisins) for each child (or 2 children can share a clementine)

Paper towels

Plastic knives or citrus peeler

Extensions/ Adaptations:

This could be extended into learning centers on emotions, letters, the color orange, exploring other food, and senses. This activity could focus more on math goals by counting segments and working on subtracting one segment at a time as it is eaten (P-MATH 6).

Before You Begin

Prepare table for food consumption. Have children wash their hands prior to the lesson since they will be eating.

This lesson is about being mentally present and focused during the activity. It is best to conduct this lesson in an environment with as few distractions as possible and while the teacher is feeling calm and focused.

Steps

Pre-Activity Discussion: Being able to carefully pay attention to what you are doing and how you are feeling is called mindfulness (write this word on the board and ask students to identify known letters or sounds). Sometimes we do two tasks at the same time without even thinking about it. Ask if children have ever watched TV while eating or not stopped playing when their mom talks to them.

1. Give each child a clementine and a paper towel. Have students examine the color, shape, and texture.
2. Tell children that clementines are a healthy fruit that grows on trees in warm sunny weather. Have children close their eyes and imagine they are outside on a warm sunny day.
3. Have children firmly roll the fruit on a paper towel to release the orange smell. Have children pick up the fruit and take a deep breath to smell it. Ask them to describe how it smells.
4. Peel the fruit (adults may help) and split it into quarters - have children count 1-4 as it is split. Have children pull each segment apart, counting the segments as they go, and examine it taking time to see and smell it. Ask them to describe what they observe.
5. Have children put a segment in their mouth, close their eyes, and slowly bite down paying attention to how juice bursts in their mouth filling it with orange flavor. Ask children to describe what they feel, taste, and smell.
6. Have children continue to eat the rest of the fruit slowly while using their senses to pay attention to every bite.



Discussion:

We pride ourselves in multi-tasking and just trying to get through the day. Slowing down to appreciate the moment, using our senses to fully experience what is happening, and blocking out distractions have been shown to slow down our breathing and heart rate and lower the body's stress chemicals.

Head Start Domains & Goals:

P-PMP 2, 3, 4, 5
P-MATH 1, 2, 3, 6
P-SCI 1, 3, 6
P-LC 1, 2, 5, 6, 7
P-LIT 3
P-SE 3, 4, 5, 8, 10
P-ATL 1, 5, 6, 7, 8, 9, 11, 12, 13

HighScope Curriculum Content

1, 3, 5, 6, 9, 11, 17, 19, 20, 21, 22, 23, 24, 25, 32, 33, 45, 46, 50, 51