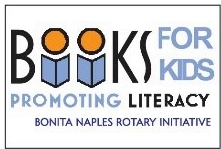
**Learning Activity Guide**



**Michelle’s Garden: How the First Lady Planted Seeds of Change**

**By Sharee Miller**



**Alignments:**

**Seven Effective Habits** – Steven Covey – Habit 7 – Sharpening the Saw

**Habit 7** is about balanced renewal in all four dimensions of human need: physical, spiritual, mental and social emotional. As you renew yourself in each of the four areas, you create growth and change in your life.

**Florida Language Arts Standards – Grade 3**

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 topics and texts, building on others’ ideas and expressing their own clearly.

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

**CASEL Five SEL Competencies:**

***Relationship Skills.*** Establishing and maintaining healthy and rewarding relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflict, and seeking help when needed.

***Responsible Decision Making.*** Making decisions based on consideration of ethical standards, safety concerns, appropriate social norms, respect for others, and likely consequences of various actions; applying decision-making skills to academic and social situations; and contributing to the well-being of one’s school and community.

**Summary:** When First Lady Michelle Obama had a bold idea to create a kitchen garden at the White House, she had no gardening skills or expertise. Where should she start? What tools did she need? What would she plant?

With the help of local students, the White House staff, and even President Barack Obama, they grew a garden and inspired a nation to eat in a healthier and local way.

**Vocabulary:**

**kitchen garden –** a space where vegetables and fruits are grown

**healthier –** taking positive steps to increase wellness

**chef –** a person with skills to prepare and cook food

**gardener –** a person who has knowledge and skills to plant and grow vegetables and fruits

**local –** an area close to or near home

**fertilize –** to enrich soil

**section –** a small area

**defend –** to protect from attack

**flourish –** to grow very well, to thrive

**Learning Activity:** Students will select a woman of accomplishment and do research to understand the impact of their contributions.