



MASSACHUSETTS
FARM TO SCHOOL

Sensory Design & Learning Pedagogy in School Gardens

Fatima Seck, Ed.M



MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

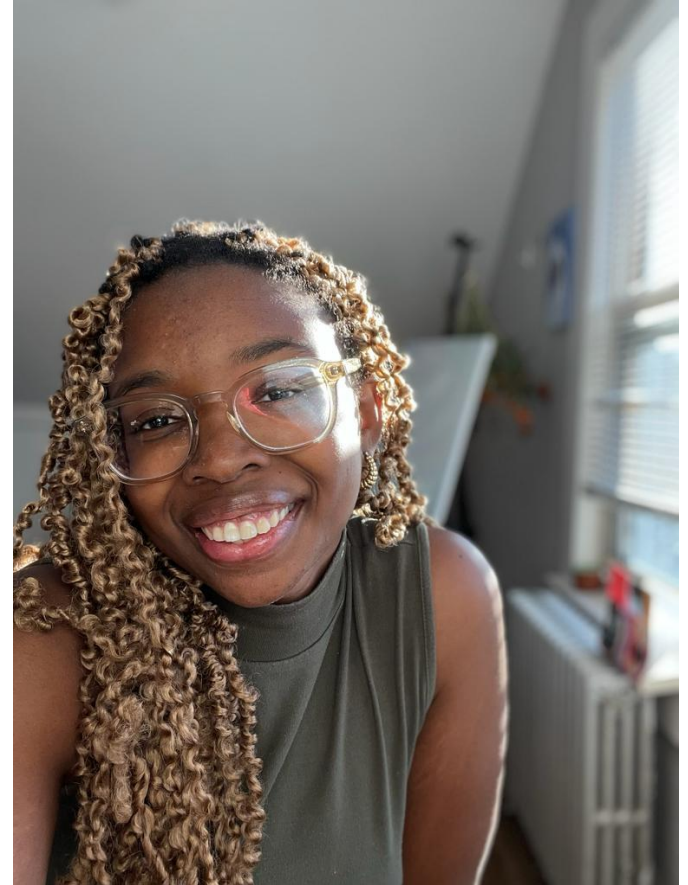
Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



Fatima Seck

Fatima started working as a farmer and school gardener after working in art museums for several years. She loves to bring an arts and cultural perspective to land-based work. She's worked with young people of all ages from preschool through university, and loves to teach!



Sensory Learning in School Gardens

1. Understanding sensory sensitivities
2. How garden learning benefits
3. Crop-planning for sensory diversity
4. Practicing sensory mindfulness
5. Empowering self-advocacy



Understanding Sensory Sensitivity



Sensory learning means many things!

- Not only related to neuro-divergence
- Knowing what overstimulation can look like
- A sensitivity, not a condition

The Benefits of Sensory-Mindful Learning



How sensory mindfulness brings more people to the garden

- Expands access and creates comfort
- Deepens garden integration into school culture
- Supports emotional regulation and social emotional development

Crop-Planning for Sensory Diversity



Creating multi-sensory gardens

- Thinking through the five senses in crop-planning
- Using sensory diversity to create experiences for as many youth as possible
- Leaning into variety

Practicing Sensory Mindfulness



Creating an environment where sensory challenges are accepted

- Understanding what experiences can cause overstimulation and preparing alternatives
- Compassion in some instances of non-participation
- Gloves, fidgets, choices and tools
- Respecting boundaries

Empowering Self-Advocacy



Sensory stress and over-stimulation can be the invisible cause of dysregulation and challenging behavior!

- Offering up language, tools and alternatives
- Cultivating an environment of understanding
- Co-working as much as possible

ADDITIONAL RESOURCES & LEARNING OPPORTUNITIES

- Mass. Farm to School - www.massfarmtoschool.org - Subscribe to our newsletter and stay up to date on upcoming webinars and other professional learning opportunities

STAY IN TOUCH!



Visit us online:

www.massfarmtoschool.org

Contact Information of Presenters (if applicable)

Additional Text