



Watch It Grow – Part Two

Description

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This is the second part of the Watch It Grow activity. Today you will be helping the group finish decorating the flower pots and planting seeds.

Supplies

- Permanent markers (colors that will show up on flower pot)
- Soil
- Packet of easy growing flower seeds
- Flower pots from Watch It Grow Pt. 1 activity

How to Play

1. Pass out flower pots and markers to the children. Remind children that the markers are permanent and that you are trusting them to be very careful and not draw on anything besides the pot.
2. Have children finish decorating their pots with things like spots for ladybugs, antennas for butterflies, wings for the bees, etc.
3. Tell your group that we already talked about some things that are helpful for plants to grow. Ask them if anyone remembers what we talked about last time (how bugs/ insects are good for plants)?
4. Explain to the group that before we plant our seeds we want to make sure that everyone understands what plants need to grow big and tall.
5. Ask the group what else plants need other than the good bugs that we already talked about. Ex: Sunshine, water, soil, air.
6. Share with the group why plants need these various things:

- Water- Helps plants to stay moisturized and get nutrients back and forth between roots and leaves. When you touch your plants soil if it feels dry it's time to water it.
 - Soil- This keeps our plants in the ground and keeps their roots safe so the plant is supported. Today we will make sure that each of our plants have plenty of soil.
 - Sunshine- The sun helps our plants make food through a process called photosynthesis. If you notice that your plant is drooping then you might need to move it to a sunnier spot. Tell your group to take a look outside and see what the weather's like today and whether it is a good day for plants or not.
 - Air- Clean healthy air is important for plants to grow. Instruct the group to take one big deep breath in and then one big exhale out. Explain to them that the air they just breathed out is carbon dioxide. Plants take in carbon dioxide from the air which helps with the photosynthesis process we talked about earlier.
7. Tell your group that now that we know what we need to do to keep our plants happy and healthy it's time to start planting!
 8. Have each child come to fill their pot with soil and dig a small hole in the center of the dirt. Have each child feel the soil. Ask them whether it feels dry or not. Based on how it feels they may need to water their plants today after we plant them or might hold off until tomorrow to water them.
 9. Walk around and give each child two seeds to put in the hole they dug and have them cover the seeds.
 10. Remind students to find a sunny spot at home to put their plants and to water them whenever the soil feels dry!

Activity Prompts for Reflection

- Was there anything surprising that you learned during this activity?
- What are some good choices you can make to make sure that your plant grows big and tall?
- Did anyone find it hard to wait to plant their seeds? What did you do to help you stay patient?
- Can anyone think of any other times it is hard to be patient?
- Does anyone have any unique flowers at their own home or in their neighborhood that they want to tell us about?

Other Ways to Play

- If there is extra time at the end have children draw flowers that they've seen.
- Teach the group a simple song about seeds:

Little Seed (Tune: I'm a Little Teapot)

Here's a little seed in the dark, dark ground.

Out comes the warm sun, yellow and round.

Down comes the rain, wet and slow.

Up comes the little seed, grow, grow, grow!

- Play [Additional songs about plants](#).
- Have children write on a popsicle stick the name of the flower they are planting as a label for the plant.
- Have children fill out the [Life Cycle of a Plant worksheet](#).

Additional Notes

- When buying seeds for your group look for the words 'Hardy Annual (HA) and 'direct sow' or 'can be sown outdoors'.
- Some other suggestions for seeds to look for are sunflowers, pot marigold, cosmos, or nasturtium.
- Part one of this activity can be found here: [Watch it Grow Pt. 1](#).

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15 minutes

Themes

1. Arts and Crafts