

**Theme:** Exploring Nature and Growth

**Age Group:** 3-5 years

**Duration:** 30-40 minutes

### **Learning Objectives**

1. Introduce the children to planting and growing seeds.
2. Teach the basic needs of plants: water, sunlight, soil.
3. Encourage active participation and observation skills.
4. Develop a sense of responsibility and gentleness toward all living things.

### **Materials Needed**

- Small pots or cups (one per child)
- Potting soil
- Seeds (fast-growing seeds like beans, sunflowers, or grass work well)
- Watering cans or small cups for watering
- Craft sticks or labels for naming plants
- Markers or crayons
- A storybook about plants (e.g., *The Tiny Seed* by Eric Carle)
- Optional: Magnifying glasses for observing seeds

### **Lesson Plan**

#### **1. Introduction (5-10 minutes)**

- Circle the children up and hold up a package of seeds for them to examine. Ask,
  - "What are these?",
  - "What do plants need to grow?"
- Read a little story about seeding plants, *The Tiny Seed*, by Eric Carle, about seeding plants and how they bloom into flowers over time.
- Today, they can plant their seed and watch its growth over time.

#### **2. Hands-On Planting Activity (15-20 minutes)**

- Prepare the Pots:
  - Give each child a small pot or cup. Allow them to decorate it using markers or crayons and have their name written on a craft stick for the labelling of their plants.
- Add Soil:

- Assist children in filling their pots about halfway with soil. Discuss how the soil is helpful for the plants since it provides them with food.
- Give each child a few seeds to put in their pot. Show them how to gently push the seeds into the soil and cover them with more soil.
- Water the Seeds:
  - Using watering cans or small cups, allow each child to water their seeds. Explain that while plants need water to grow, they do not want too much!

### **3. Discussion and Wrap-Up (5-10 minutes)**

- Gather the children again and ask,
  - "What do you think will happen to your seeds?"
  - "What do we need to do to help them grow?"
- Explain that they will have to care for their plants by giving them water and sunlight every day.
- Put the pots in a sunny spot in the classroom. Make a "Plant Care Chart" where children can take turns watering the plants.

### **Follow-Up Activities**

1. **Observation Journal:**
  - Provide a simple journal and ask them to draw pictures of their plants as they grow. Encourage them to observe changes over time.
2. **Science Connection:**
  - Discuss the life cycle of a plant and how seeds grow into plants that make more seeds.
3. **Art Project:**
  - Have children work on a collaborative mural of a garden with paint, paper, and craft material.

### **Assessment**

- Observe the children's participation and interest during the activity.
- Ask simple questions to check the children's understanding of what the plants need to grow.
- Finally, encourage the children to describe their observations as their plants start to sprout.