

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.