

## Let's Get Growing!

This activity grows from the Historic Stewart Farm's Stories Shoots and Sprouts school program for K to grade 2 classes. The program explores how fruits and veggies grow and the importance of gardeners and farmers to our food supply. In this activity at home, students make their own flower (or veggie) pot from simple materials found at home and explore how plants grow with a sorting activity.

### Curriculum Connections:

This activity ties to several Big Ideas from the Kindergarten – Grade 2 curriculum:

1. We shape the local environment, and the local environment shapes who we are and how we live
2. Daily and seasonal changes affect all living things
3. All living things have a life cycle
4. Water is essential to all living things, and it cycles through the environment

### Background:

Before the modern convenience of grocery stores and supermarkets, people had to grow what they needed. They planted their gardens early and often to ensure they had food to last through winter. Seeds were started indoors and then transplanted to the garden when the weather was warm enough for the young plants to thrive. This helped to ensure that fruits and vegetables would be ready to harvest before the weather turned cold. Some families used cold frames (like small greenhouses) to protect young seedlings, rather than starting the seeds indoors, where space might be limited.

### Activity Instructions:

#### 1. Create a Flowerpot

Send students/parents the **How to Make a Flowerpot** instructions (in PDF format) along with a message explaining how you wish students to share their creations with you.

You may choose to send along the next activities at the same time or wait until students have completed their flowerpots.

Encourage students to plant a seed (or two) in their pots. They should put it in a sunny place and water it regularly. Ask them to send you pictures of what they see. Depending on the grade level of your students, they can document their observations daily in a plant journal.

If students do not have access to seeds, encourage them to find an alternate use for their handmade container (paperclip holder, a place to keep hair ties, etc.). Have them share a picture with you.

## 2. How do Plants Grow?

Send students/parents the **Plant Life Cycle Cards** printable.



Students (and their parents) will cut out each card then arrange them in the correct sequence. Encourage them to share a photo of their completed sequence via your established communication process.

Optional: Blank cards are also provided so students can draw their own pictures of the different stages in a plant's life cycle.