

## GardenABCs Hands-On Learning-Garden Activities

Based on presentation by Farmer Cheryl Pytlarz

### ***Role Playing: From Seed to Sprout***

Learn how a plant grows by pretending you're a seed!

#### Materials / Props Needed

Flowers: Real, silk or made from color paper; one for each child.

Spray Bottle: Filled with water

Bee: A plush toy or one made from color paper

Cherry tomatoes: One for each child.

#### Directions

Your adult helper reads the story, while you listen and pretend. Adult helpers: This activity involves handling and eating vegetables. Please be alert to children's allergies.

#### Story:

Let's pretend you're a seed. Curl up tight and close your eyes. It's dark underground, and the soil is cool.

But the sun comes out and warms the ground, and the rain falls down and waters the soil. (Squirt children with water bottle.) And still the sun comes out, and the rain falls down (squirt with water bottle), and very soon roots begin to grow. Stick out your legs, and let your roots grow.

The sun shines and the rain falls and up shoots a sprout. Stand up, with hands at your sides. You are now a sprout!

Then leaves open up -- Stick out your leaves! (arms) -- and the plant grows.

What do you think appear next? Flowers. (Give each child a flower to hold over his head.)

Sometimes they're big, and sometimes they're small, but no matter the size, flowers are important in the garden.

Then the bee flies around, and he pollinates the flowers. (Take your 'bee' and visit each flower. Buzz, buzz, buzz.) And the bee flies around more, and he pollinates more flowers.

The flowers are very happy, because with the bee's help, they will turn into vegetables. We like bees in the garden.

Over the summer, the flowers grow into vegetables (take away the flowers and give each child a cherry tomato). Vegetables are good to eat and make us strong and healthy. (Encourage the children to eat or try the cherry tomatoes.)