



The Seeds Are Growing Quickly

Watch a Seed Grow

Begin a growing project with one seed, observe its changes, and enjoy caring for a living plant together.

Helps Your Child Grow



Initiative and Curiosity

Observing and recording changes in a growing plant gives your child practice gathering evidence over time.



Fine Motor

Scooping soil, planting, watering, and tending the container involve coordinated movement of the hands, wrists, arms, and body.



What You'll Need

1. Soil
2. seeds
3. small trowel
4. watering can
5. flowerpot
6. water



Give the Seed a Home

Dig a small hole, place the seed inside, cover it with soil, and add water. Talk about what a seed needs in order to sprout.

Observations

- Holds a watering can and waters the plant
- Shows curiosity about how the seed grows

Tips

- Choose a plant with a large seed and a relatively short growing cycle.
- Keep the type of seed a mystery so your child can wonder what will emerge.
- Offer lightweight child-sized tools, such as a small trowel and gardening gloves, so your child can take part.



Care for the Seedling

Invite your child to care for the plant and discuss what the seedling needs to thrive, such as water and loosened soil.

Observations

- ☐ Asks you when the seeds should be watered
- ☐ Touches the plant gently

Tips

- Read a book about plants and use it to investigate questions that arise during the growing project.



Make a Plant-Growth Calendar

Make a plant-growth calendar and record important moments such as planting, sprouting, flowering, watering, and feeding.

Observations

- Records the plant's growth in a chosen way
- Shows concern for the plant's growth

Tips

- Record the changes in different ways, such as photos, video, or drawings.
- Recall the sequence together: "First we chose a home for the seed. Then we watered it. I remember..."
- Use the growth calendar to draw the seed's stages in order.