

**Project FOCUS  
Best Lessons  
KINDERGARTEN**

**Title of Lesson:** Grow Like a Plant

**Theme:** Life Science

**Unit Number:** 6      **Unit Title:** Plants and Animals

**Performance Standard(s) Covered (enter codes):**

SKL2: Students will find similarities and differences in organisms

SKCS4: Students will use systems, models, and change to explore scientific matters

**Enduring Standards (objectives of activity):**

**Habits of Mind**

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

**Content (key terms and topics covered):**

Plant needs, plant growth, nutrients, seedling

**Learning Activity (Description in Steps)**

**Abstract (limit 100 characters):** This lesson is to teach students what plants need to grow and the changes the plants go through.

**Details:** Start out the lesson by asking each student to name a plant that they see while they're outside. Ask them to describe the size, shape, color and smell of their plant. Next, ask them if they know what a plant starts out as in the ground. Most of them will reply 'seed!'. This is when you bring out the packet of seeds and tell them to pass it around so they can look at them. Ask them where you put the seeds to make them grow. If they don't get it, tell them that seeds need to be planted in soil. Tell them that the soil contains nutrients, which is plant food, that helps it grow. Now you ask them what else they believe the seed needs to grow. If they don't guess it, give them a hint that the seed is thirsty (they need water!). Place the seeds back in your bag so that they are hidden. This is when you bring out the seedling and let them pass it around. Tell them that this is called a seedling which is a baby plant. Once you put the seedling back into the bag ask them the final thing the seedling needs in order to grow into a full-sized plant. Give them a hint that the plant doesn't like being cold and dark. This is when they learn that plants need sunlight to continue their growth. Take out the flower and pass it around the group. Once you put the flower back into the bag, ask them to repeat the three things plants need: soil, water, and sunlight.

Now tell them to get out of their seats to play the 'plant game'. Tell them to pretend like they are seeds on the floor. They should curl up into a ball. Walk around and tell them that you are planting them into the soil by lightly tapping them on the head. Ask them if they can start growing yet. They

should say no. Start walking around the room and lightly tap them on the back while telling them that you are watering them. Ask them if they can start growing now. They should say yes, but tell them that it is still night time. They should start to slowly stand up. Now you tell them that the sun has come out and they can grow into an adult plant. Once they fully stand up, go around to each student and ask him or her what type of plant they are (including size and color). If there is time you can let them play the 'plant game' again-this time letting one of the students act as the farmer/gardener.

**Materials Needed (Type and Quantity):**

Seeds (just a few or a small packet), seedling (real or fake), grown plant/flower (real or fake)

**Notes and Tips (suggested changes, alternative methods, cautions):**

Make sure that you hide the seeds and plants from them until it is time to demonstrate. They like to grab anything on the table that they see and fight over it. Start each item at one side of the table and tell them to pass it on after 10 seconds so that everyone gets a chance to see it. The only real safety concern that I noticed is that the kids may hit each other kind of hard when they are acting as the farmer/gardener. Make sure to tell them to tap each of their classmate's heads lightly.

**Sources/References:**

- 1)
- 2)
- 3)