



This Week's Theme: Planting!



Gardening

If you have a room in your yard to put a garden, what a great year to start a garden. The responsibility of planting, weeding, watering, and attending to a garden is a great lesson for schoolagers.

Encouraging your kids to get their hands dirty in the garden will also help them develop valuable new life skills.

Gardening is not only a healthy, fun, and fulfilling activity that you and your children can enjoy together, but it will also help your little ones develop new skills and expand their knowledge about the science of growing.

Gardening is a great way to encourage your little ones to accept responsibility for a certain task or project. Adopting a healthy attitude to responsibility and accountability will also help your children take pride in their accomplishments.

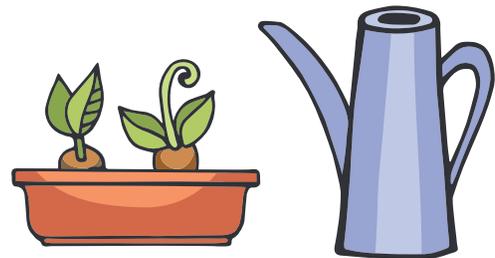
Your outdoor space offers a great environment to teach your kids the importance of nutrition, as well as the benefits that come hand in hand with leading a happy, healthy and well-balanced lifestyle.

Helping your children understand where fresh food comes from will help them make wise food choices in the future.

Your garden is an outdoor classroom where your children can learn about nature, plants, nutrition, and even different weather conditions. These educational benefits will have a positive impact as your children grow into young adults.

Growth of a Plant

- Plant a few seedlings. Leave the plants in a sunny area. Use rulers and markers to create a picture each day or every couple of days of what the plant looks like and how high it has grown.
- Each day, your child can measure the plant and then draw its growth on their paper. You could also measure and list the height on a chart that stays on the wall behind the plant.



Please see below for some additional activities that you could try with your child.



Nature Walk

Take a nature walk through a nearby garden (or neighborhood) taking in all the sights and sounds you can. Talk to your child about what you see. What colors do you see? What sounds do you hear? What smells do you smell?

Make a Scarecrow

Talk to the children about scarecrows and why they are at farms. Bring in old pants and a shirt and lots of hay (if no allergies) or newspaper to crumple and stuff into the scarecrow!

Soil and Seeds

Materials: Potting soil, seeds, and spray bottles. Your child can plant seeds and water them!

Planting Kindness

After reading the book *Planting Seeds of Kindness*, talk to your child about kindness, love, and respect and how they all make the world a better place. While planting the idea of kindness, plan a family activity to spread some kindness in your community.

Beans

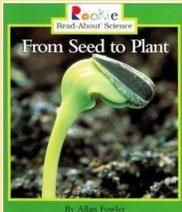
- Add dry beans of different types to the tub or container. Provide funnels, spoons, cups, and other measuring items.
- Sort the beans into smaller containers using a variety of different characteristics
 - Different colors
 - Different sizes
 - Different textures

Have UNO cards?

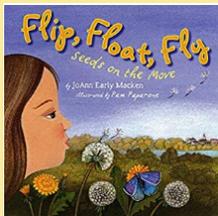
Turn UNO into a fun moving activity. Make a poster that explains the game and can be used as a reference during the game. Rules of the game:

- Draw a red card—skip 5 times
- Draw a blue card—hop on one foot
- Draw a green card—do a burpee
- Draw a yellow card—do a jumping jack
- Draw a wild card—have someone else do an activity that you choose

Books



From Seed to Plant
by Allan Fowler



Flip, Float, Fly
by JoAnn Early Macken



Planting Seeds of Kindness (Love You Always)
by Rose Bunting and John Baj

*Activities should be done under the supervision of an adult or older sibling.