

GARDENING WITH KIDS

Focusing on Identities, Social Responsibility, and Diversity

Gardening with young children will help them to connect with nature, learn about food and how foods, flowers and plants grow. In the garden, children also get to use all of their senses - touch, taste, see, hear, and smell (*Let's Play! 2019*).

Gardening strengthens emotional and interpersonal skills. Children who garden learn responsibility, patience, perseverance, and how to deal with disappointment if the garden does not grow the way they expected. They also learn to collaborate with siblings, friends, or school mates to get the garden work done (*bcparent.ca 2021*).



-Explore and talk to your child what a garden is and the different things that can be found in a garden.

-Ask your child for their ideas about caring for plants and gardens.

-Look at pictures in books or go for a walk to

look at the gardens in your neighborhood. -Ask if they would be interested in making their own garden at home! (*Let's Play! 2019*)

ACTIVITY

Let's grow sunflowers!



You will need:

A pot, sunflower seeds, potting soil mix, small shovel and water

-Using the small shovel, fill your pot with soil mix.

-Plant your sunflower seed 4-5 inches apart and ½ inch deep.



-Water your soil mix to keep well moist.
Place your pot on a sunny window.

-Your seeds take approximately 8-10 days to germinate.

Don't forget to keep watering your plant!

EXTENSION

Beans and Science! (*lifeatthetoo.com 2021*)

You will need:

Clear cups or glass jars, paper towel, spray bottle with water, and beans

-Line the paper towel inside your cup or glass jar.

-Tuck your bean(s) between the paper towel and the wall of the cup.

-Spray the water to wet the paper towel fully but be careful, you do not want your beans to be soaking wet!



-Place one cup on a sunny window and another in dark place.

-Now we will wait. Make sure the paper towel stays moist!

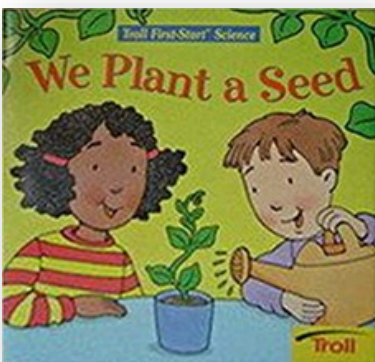
-It takes 2-3 days for your beans to start germinating.

As the beans germinate, you can ask your child questions:

What do you see?

Do you notice any difference?

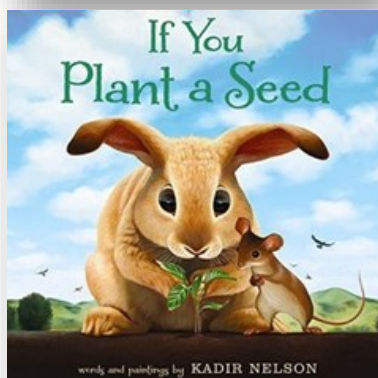
BOOKS



We Plant a Seed

by Sharon Gordon

<https://www.youtube.com/watch?v=zxl6Kiy7NPI>



If You Plant a Seed

by Kadir Nelson

https://www.youtube.com/watch?v=LXb_fk62Y_E

VSB

SONGS

5 Little Flowers

https://www.youtube.com/watch?v=trmZb6Ss33g&feature=emb_logo

5 little flowers standing in the sun (show me your five fingers)

They nod their heads one by one (wiggle your fingers, fold them up and down)

Down, down, down, falls the gentle rain (trickle your fingers down)

And the 5 little flowers lift up their heads again (show your five fingers again)

1-2-3-4-5! (Count your fingers one by one)

Flowers Song by Bindi's Music & Rhymes

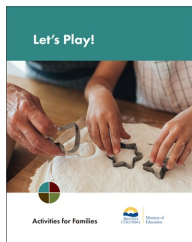
<https://www.youtube.com/watch?v=eLk4juWjfgQ>

Farmer Plants the Seeds by The Kiboomers

<https://www.youtube.com/watch?v=cRhG0dqWllo>



REFERENCES



BC Ministry of Education (2019), *Let's Play! Activities for Families*

<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

bcparent.ca (2021), *Dig This: 10 Big Benefits of Gardening with Kids*

<https://bcparent.ca/activities/10-benefits-of-gardening-with-kids/#:~:text=Gardening%20strengthens%20emotional%20and%20interpersonal,get%20the%20garden%20work%20done%3F>

lifeatthezoo.com (2021), *Growing Beans—Science At Home*

<https://lifeatthezoo.com/growing-beans-science-home/>



We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwəta?/Selilwitulh (Tseil-Waututh) Nations.

VSJB