

Seed Sprouting Theatre

Grades: K - 2

Time: 5 - 10 mins.



Lesson summary:

Students will act out the process of a seed sprouting. This is a great activity for teaching the life cycle of plants, and can be used as a body break from other activities!

What's the big idea? ?

- What do seeds need to germinate?
- What do plants need to grow?
- What phases are in a plant's life cycle?

Outcomes or purpose:

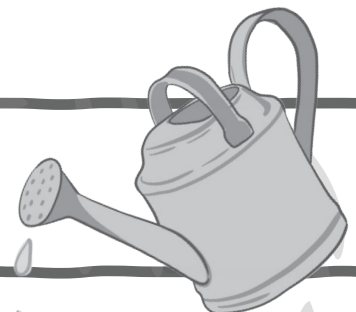
- Students will know the process of a plant's life cycle
- Students will know what a seed needs to germinate
- Students will understand what a plant needs to survive
- Students will be able to listen to instructions and follow them to complete activity

Teacher background:

A plant's first step in the plant cycle is germination. For a seed to germinate, it needs to be warm and watered. The next stage is a sprout and roots will start to break through the outer shell of the seed. These provide the necessary parts of a plant to absorb water and nutrients from the soil. This stage is the seedling stage. From the seedling stage comes the vegetative stage, which brings more leaves and longer roots. From there budding will start, closed off buds will appear on your plant. Shortly thereafter is when the plant will start to flower and those buds will open up. The last stage is the ripening, when everything has opened up and blossomed! Refer to our life cycle handout.

Materials needed:

- No materials needed for this! However, if you want to add in props, you can. Use a watering jug to make it more fun.



Seed Sprouting Theatre

Step by step instructions:



Tell the children to start curled up like a sleeping seed. (You could also ask them to think about what plant they would like to sprout into! It could be fun to try and guess what plants they chose!)



Recite the following stages of the plant life cycle, and encourage students to follow along as their plant begins to grow.

Germination stage:

"We are starting off as little seeds that just got planted in the dirt! Make sure you are curled up really tight! You will need warmth and water to sprout! I'm going to come around and put some water on you all and you will just start to sprout just a tiny bit! Just peek your head out of the ball you are curled up in just a little bit!" *(Water them all)*



Seedling stage:

"Now you've grown a little sprout head and little baby roots! Our roots are going to help us get nutrients and water from the soil, so that we can grow! I'm going to come around and water you all again and then we will see how much more we grow! Now take your arms out of the shell and make little leaves! We are still very small though so stay crouching!" *(Water them again)*

Vegatative stage:

"We now emerge from the soil. We now have little leaves and longer roots to help us grow bigger and stronger! The sun comes out and starts to spread our arms a little wider soak up the sun. We need the sunlight and some of the warmth from the sun to grow."

"Now feel the wind as it moves you. The wind helps you grow a strong stem. As you grow, make sure you aren't crowded around other plants - you need space to grow."

Budding stage:

"Now we start to grow our flowers, first starting with little buds. (Water them again) Put your hand into a fist. This is your flower bud forming! Remember it's still closed!"

We have a flower bud but we may need to continue growing. Grow as tall as you can now and reach out wide. ! We are going to grow a little bit taller and our hand is going to open up and start to bloom! *(Water them again)*

Blooming stage:

"We are almost there, we just have to grow really tall and big! Our flowers are blooming and our plant is very tall now! *(Water one last time)* Now we are big full healthy plants!"

Seed Sprouting Theatre

Discussion questions

- Discuss the different phases of plant growth with students. Review what a seed needs to start to grow.
- What would happen if plants didn't get enough water, or sunlight or nutrients?
- Ask students to complete the Little Green Thumbs Plant Life Cycle colouring sheet.
- Ask students to draw the plant that they had chosen to become.

Expand the learning:

- (For older students) Isolate each of the different plant needs, using the acronym LAWNS (Light, Air, Nutrients, Space). Have students act out the effect of not having each plant need met. For example, if plants don't get enough water, what happens?

