

Growing a Sunflower

You will need:

- 1 packet of sunflower seeds
- Small pots (enough for each child in the class)
- Trowels (one between two if possible)
- Name tag
- Soil (enough for each pot)
- Water
- Watching My Sunflower Grow Booklet
- Sunflower picture
- Sticky tape (optional)



Instructions

1. Have pots, soil and jugs of water on tables, or you may like to carry out this activity outside.
2. Talk to the children about sunflowers and what they look like, showing the sunflower picture.
3. Give a seed to each child to feel, explaining that from a small seed, a sunflower can grow, with water and care.
4. Model to the children how to 'spoon' the soil into the pot and how to gently plant the seed. Children can carry out this activity at their table or outside. Some may need additional support to get the soil into the pot.
5. Explain to the children that in order for their seed to grow into a beautiful sunflower they will need to water it each day and keep checking it every day.

6. Children can write their name on a name tag and have them place their name tag in front of their plant. You may like to secure this with sticky tape.
7. Provide the children with a Watching My Sunflower Grow Booklet. Measure each child and ask the children to record this on their sheet so they can compare their height with that of the sunflower as it grows.
8. Encourage the children to water their sunflower when necessary and fill in their chart until the sunflower is full.

