

# CLASSROOM SUNFLOWER KIT LESSON PLAN

SOW RIGHT SEEDS 



# Getting Started



## *materials*

- 30 Peat Pots, compostable and eco-friendly
- 30 Soil Wafers
- 30 Wood Plant Markers
- 1 Jumbo Packet of Mammoth Sunflower Seeds

### Additional Materials & Plans Needed:

- Container that holds water to expand soil wafers in
- One cup measuring cup
- Permanent marker
- Grow lights or a windowsill with at least six hours of sunlight
- Growing tray to place peat pots in to hold water when watering (No holes in the bottom)

## Prepare Ahead of Time:

Gather container to expand soil wafers in, one container that has a pour spout, and a one cup liquid measurer. Also, have a sunny place in mind for the planted peat pots.



## Literature

1. Children's Gardening Literature:
  - A Seed Grows Antoinette Portis
2. Additional Gardening Literature:
  - From Seed to Plant Gail Gibbons
  - The Tiny Seed by Eric Carle
  - Seed to Plant National Geographic Kids Kristin Baird Rattini
  - Lola Plants a Garden Anna McQuinn
  - Mr. Seed's Journey Elizabeth Walters

## Lesson & Planning

1.

Write three questions on the board with room to make a list underneath each question for a KWL activity. Question 1: What do we Know about seeds? What do we Want-to-Learn? What did we Learn? Only discuss questions one & two at this point. First question one, then question two. Write the student's answers below the corresponding questions.

2.

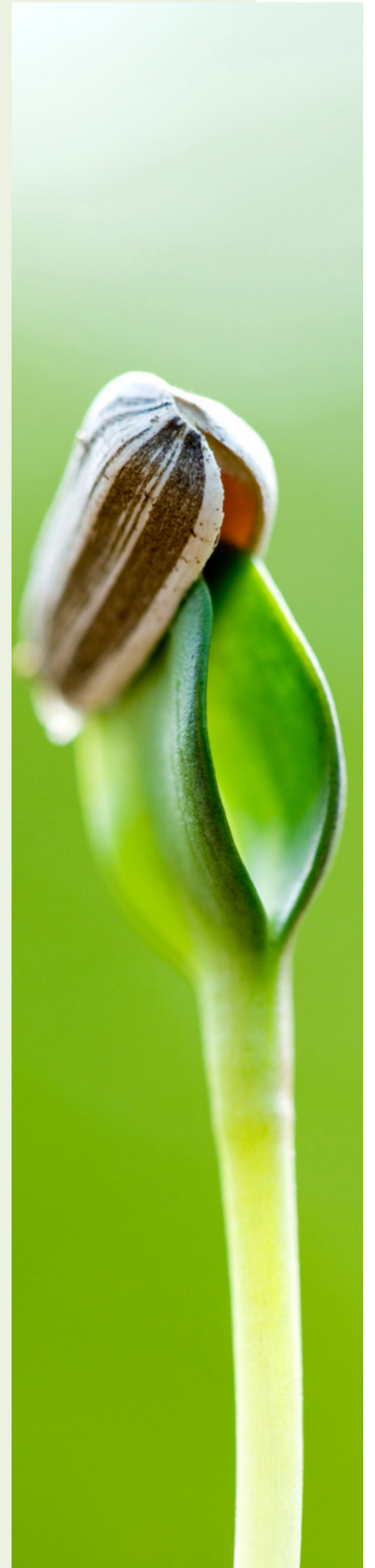
Read the book *A Seed Grows*.

3.

Additional discussions and insights could include. What do seeds need to grow into a plant? Do all seeds need the same conditions to grow? What differences do seeds have? What seeds can we grow where we live?

4.

Next, read the growing instructions on the back of the Mammoth Sunflower Seeds packet. Encourage students to follow the instructions as they plant their seeds.



## Lesson & Planning Cont.

5. Soil wafers will need to be expanded with water before planting. This is a lot of fun, and I recommend doing this part of the activity in small groups. Give each child a soil wafer, a container that holds water, and a one cup measurer with water in it. Have them slowly pour the water over the soil wafer allowing it to expand making sure the entire wafer is expanded and damp. Then have the students scoop all their damp soil into their peat pot. They'll need to wash hands after this. When everyone has finished expanding their wafer, demonstrate to the whole class the planting depth of one inch. I recommend holding up a ruler and then showing how much of my index finger that is. Remind the students to lightly cover the seed after planting. Then give each student a seed to plant in the peat pot. After planting, place pots in direct sunlight such as a sunny windowsill or under grow lights. Remember what the planting instructions say on the packet when it comes to planting depth and soil temperature. Count out for germination and mark on a calendar days so students can be excited about seeing their sunflower plant come up.

6. Follow up with the third question on the KWL: What did you learn? Fill in the chart as a whole group.

7. During the next 7-14 days provide opportunities for students to journal and document their plant progress.

---

## Lesson & Planning Cont.

8. After sunflowers have several leaves, allow students to take their peat pot and sunflower home to plant in their yard and care for it. Remind them to water the plant especially when it is young; as it gets big, it will actually do well with less water.
9. Provide follow up activities on gardening and growing plants



*Thank you!*

### Follow Up Activities:

- Read additional children's gardening literature in read aloud and reading groups
- Provide writing prompts for students about growing plants from seed or gardening.



Follow Us @sowrightseeds  
sowrightseeds.com