



Age 5-7



Time

Preparation and growing time -
10 to 14 days

Discovering seeds activity - 30 minutes

Before the lesson begins

You will need to plant a number of *Sunflower* seeds in individual containers around 10 - 14 days before you undertake this activity.

Several pots should be set up in advance if you want small groups of children to carry out the activity for themselves and continue their work with the extension activity suggested.

Materials

Sunflower seeds.

Sunflower plants grown in individual pots or containers.

Paper towels and/or plastic trays.

activity 1

Through this activity children can learn:

- to recognise a seed
- that seeds are living things and that plants can grow from seeds

Skills developed:

- observation
- comparison

The activity:

- Allow the children to handle some *sunflower* seeds and ask them to make predictions as to what *they* think the seeds might be. For instance, do they think that seeds are living or not living?



- Introduce a two week old seedling grown in an individual pot.
- Gently remove the seedling from the pot. Place it onto a paper towel or plastic tray and brush away as much of the soil as possible, exposing the seed and the roots.
- Place some dry seeds next to the whole plant and ask the children to comment on what they see by using questions like "are there things on this paper towel/tray that look the same?"



- By identifying the seed in both samples, children can be introduced to the idea that plants can grow from seeds.

Discovering seeds

Key questions:

- Q1. What do you think this is?
- Q2. Is there anything on this paper towel/tray that looks the same?

Extension activities:

- Use the remaining pots of *sunflower* seedlings to introduce the children to the idea that plants need light and water to grow. Split the children into smaller groups and give each group the same number of potted seedlings. Explain that their test will be 'fair' because the seedlings have been grown in the same amount and type of soil.

Group 1 should keep their seedlings in the **dark**.

Group 2 should keep their seedlings in the **light** (a cool, light classroom window sill is best). Both of these groups should **water** their plants at regular intervals with the *same* amount of water.

Group 3 should keep their seedlings in the light but should not water the plants.

After 7 to 10 days the children should examine their plants and draw conclusions.



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