



Session 4.1 Relationships Level 3-5

Caring for living things helps kids build empathy. In today's activity, your child will learn how to take care of a plant. They will understand that each part of a plant has an important function and that healthy plants need soil, water, sunlight, and air in order to grow. Either you and/or a sibling will be working with your child to build a new relationship.

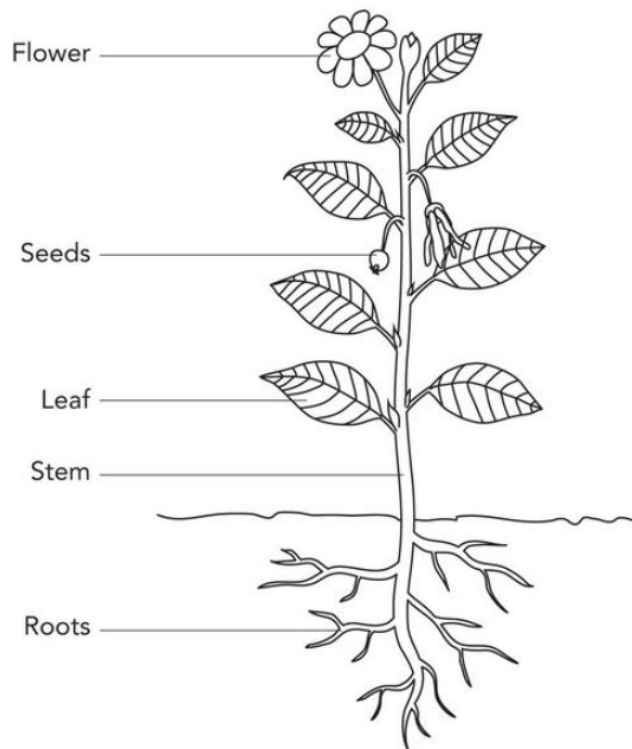
If you can, try to find native plant seeds. If you are participating in the planting, you will also need soil, a pot, water, and somewhere to keep the plant. We will walk you through how to plant a native plant and why it's important. This can be done outside, or you can keep the plant inside on a windowsill.

1. Tell your child: today you will be learning how to take care of a very special plant; you will learn how to help this plant grow healthy.
2. You are also going to learn how to work together. You are going to make 2 new friends today: your new seed and your partner that you are going to work with.
3. You're going to learn how to plant a seed, what a plant needs to survive, and why native plants are important.
4. Watch the read aloud of Dr. Seuss' [Oh Say Can You Seed](#)
5. Tell your child: native plants are important because they are supposed to be here. They are adapted to our environment and the pollinators (bees and butterflies) use them to help each other. Native plants can also be food for native animals. Native plants have specific characteristics that help them adapt to the environment they are living in. Ask your child what plants need to grow big and healthy.
 - a. Water, soil, nutrients (in the soil), sunlight, and air
6. Get ready to plant by laying out your materials. You will be working with your child and/or your child will be working with their sibling. Make sure they are taking turns and working together without fighting. You might want to do this activity outside, to keep the soil out of your house.
 - a. You will need: your pot, your seed, soil, and water.
 - b. First, fill your pot $\frac{3}{4}$ of the way with soil.
 - c. Next, make a hole in the middle of the soil with your index finger. The hole doesn't need to be deep.
 - d. Place your seed in the hole and cover it up.
 - e. Fill the rest of your pot with more soil and water the soil until it's moist.
 - f. You can leave the plant outside, or place it inside on a windowsill that gets



enough sunlight.

- g. Remember: you and your child will be taking care of this plant. This will teach your child how to take care of a plant as well as understand that plants need sunlight, water, and air to grow healthy.
7. Next, go over the parts of the plant with the provided poster.



8. Tell your child: now that you have planted your seed, we are going to explore the parts of the plant by acting out each of the stages.
9. We're going to do some yoga poses by acting out each stage of a plant's life cycle. Make sure your child, their siblings, and yourself have enough room to wave your arms around without touching each other.
10. Follow along with this video:
<https://drive.google.com/file/d/11RIPpFUamOeKQMFkLFENT6eiq9Rd5Gyp/view?usp=sharing>