

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Super sunflowers

Get in to the swing of spring with this week's super sunflower activity, developing children's knowledge of the world around them.

Learning aims

- Knowledge of the world – how plants grow, life cycles and food chains
- Language and communication – how tall, how many seeds, colours
- Personal, social and emotional development – caring/tendering, working together, sharing, competition – who's sunflower will grow the tallest?



Resources

- Plant pots - medium sized with drainage holes, you may need to replant later
- Plant pot trays
- Compost (can be mixed with soil)
- Sunflower seeds
- Water
- Key words in relevant languages for children with English as an Additional Language (EAL)
- Additional equipment or space for children with Special Educational Needs and Disabilities (SEND)
- Resources for decorating pots – paints, paper, scissors, felt tips.

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Activity Outline

- Encourage children to choose a pot and decorate it themselves however they like. Include their name on it too
- Using a spoon add the compost into the pot leaving about an inch at the top and water it well
- Plant the seed about two centimetres deep
- Water every one to two days to keep the soil moist but not too soggy
- Keep on a window sill
- Once your seedling has grown, keep watering it as before and watch it grow taller and taller each day
- You may wish to send it home if you would like to get families involved in this wonderful activity. Children and their families can keep diaries and weekly updates of its growth, including how often they have watered it
- They can measure the stem, the flower head and the biggest leaf and include photographs or drawings
- This activity will teach children that caring for a living thing gets results and that things can take time to reach their full potential
- The activity can be extended to include mathematical concepts such as height, large and small.

Working with Babies

Babies and toddlers can begin to familiarise themselves with this theme. You can provide the following resources within the baby room for them to explore:

- Picture books depicting spring
- Real plants and flowers
- Songs and rhymes

Allow them to enjoy time in the outside environment looking at the sunflowers and other plants too.