

Weekly Theme: Seeds, Sprouts, and Stems

Marketing Description: Discover what makes plants special as we explore everything from roots to flowers to trees, and learn about what they need to survive. Observe pollinators in action everywhere you look, cut into stems and seeds to see what's inside, and learn about how people and animals rely on plants for more than just dinner.

Weekly Offerings:

Big Idea	Activity Name	Activity Description	Length of Activity	Outside ?	Caregiver Needed?
What a Plant Needs	Science Journal	Every scientist needs a place to record their observations, so take some time to make and decorate your own personal Science Journal!	15 min (week long)	N	N
What a Plant Needs	Sprout House	Start your own miniature garden using only a jar and some seeds!	15 min (week long)	N	Y
What a Plant Needs	Temperature Exploration	The sun helps plants make their own food through photosynthesis, but where is the best place for getting sun? Use science skills to find out where the sun is warmest.	30 min	Y	N
What a Plant Needs	Observation Hoop	Take some time to get a close look at nature with a quiet investigation. Don't forget to bring your journal!	30min	Y	N
What a Plant Needs	Nature Painting	Exercise your creativity and explore nearby to find tools you can use to make art. Sticks, stones, grasses... anything could be a paintbrush!	40 min	Y	N
Plant Life Cycle	Pipe Cleaner Plant Cycle	Explore the way plants change as they grow by making a plant life cycle using only pipe cleaners.	30 min	N	N
Plant Life Cycle	Looking for Leaves	Take a stroll to gather as many different leaf shapes as you can. Compare and contrast the different ways trees get the sunlight they need!	45 min	Y	Y
Plant Life Cycle	Leaf Art	Learn how scientists preserve and study leaves by making leaf rubbings!	20 min	N	N

Plant Life Cycle	Seed Dissection	How does a big plant come from such a small seed? Use your detective skills to find out what's inside a seed that helps the plant grow!	30 min	N	N
What Plants are Made Of	Helicopter Seedlings	Ever wonder how trees send their seeds far away? What do maple trees and helicopters have in common? Find out with this simple craft!	15 min	N	N
What Plants are Made Of	Tree Yoga	Stretch and reach as high as you can while you use your body to act out all the parts of a tree.	15 min	Y/N	N
What Plants are Made Of	Strong Like A Tree	How can trees grow so tall without tipping over? Experiment with popsicle sticks and rubber bands to build the tallest, strongest tree you can.	30 min	N	Y
What Plants are Made Of	Leafy Solar Panels	Leaves are how most plants absorb sun, but what's the best way to catch sunlight? Practice making shadow puppets to see which shapes capture the most sun.	20 min	Y	N
What Plants are Made Of	Balloon Seed Pods	There are lots of ways plants disperse seeds, and some are more exciting than others. Observe exploding seed pods with this balloon-popping experiment.	25 min	Y	Y
Pollination Nation	Coffee Filter Flowers	Bees and other pollinators love when flowers are big and colorful. Use coffee filters to make your own custom flowers!	20 min	N	Y
Pollination Nation	DIY Pollinator	Pollinators come in lots of shapes and sizes. Use your creative skills to make one of your own.	30 min	N	N
Pollination Nation	Flower Power	How do plants drink water without a mouth? Using paper towels, you can see how plants "drink" when you water them. It's not magic, it's science!	20 min	N	N
Pollination Nation	Dandelion Dissection	Practice your science skills as you take apart a flower and see what it's made of.	30 min	Y/N	Y
Pollination Nation	Petals to the Metal	Head outside and see how many different flowers you can find. Don't forget a field guide to help you identify them!	45 min	Y	Y

Plant Planet	Foody Scavenger Hunt	Take a trip around your house to try and find everything that came from a plant. Hint: they're not just in the kitchen!	20 min	N	N
Plant Planet	Secret Spies	Some plants have snuck into places they aren't supposed to be. We call them invasive species. Use natural materials to make a spy mask to help weed out these sneaky species.	25 min	Y	N
Plant Planet	A Sinking Feeling	Plants are for more than just eating! They give us oxygen to help us breathe. But how can we observe something invisible like oxygen? Find out with this simple, bubbly, experiment.	30 min	N	N
Plant Planet	Seed Paper	Did you know you can make new paper out of scraps? Give your scraps new life by transforming them into plant-able paper.	1 hr	N	Y
Plant Planet	Edible Art	Save the seeds from your lunchtime snack to create 3D art.	30 min	Y/N	N

Material List:

- Included in Weekly Kit:
 - Cheesecloth (1 square foot)
 - Lentils (½c)
 - Lima beans (¼c, really only 5 individual beans)
 - Catgrass seeds (1tbsp)
 - Balloon (5)
 - Small mason jar (1 4oz)
 - Printables – tree yoga poses, flower identifying, helicopter outline
 - Construction paper (10-15 sheets)
 - Coffee filters (5)
 - Pipe cleaners (20)
 - Rubber bands (30)
 - Popsicle sticks (30)
 - Paper clips
- From Art Starter Kit

- Liquid Glue
- Scissors
- Crayons
- Colored Pencils
- Tempura paint
- Paintbrushes
- Yarn (~60 inches)
- Watercolor paints
- From Science Starter Kit
 - Magnifying glass
 - Thermometer
 - Tweezers
 - Ruler
 - Funnel

Notes:

- The lentil seeds take several days to sprout. The setup is simple but the sprouts can be revisited each day to add water and make new observations.
- The Balloon Seed Pod activity asks you to pop a balloon, but can also be acted out by holding seeds in your hand then quickly tossing them all into the air in a quiet “explosion.”
- Activity length varies by interest and attention level. Many engineering or crafting activities can be self-guided and can last longer as needed.