

EASY PLANT ACTIVITIES FOR PRESCHOOLERS

When I think of spring, I think of planting seeds, growing plants and flowers, gardening ideas and all things outdoors! Planting and gardening with preschoolers are great ways to learn about the natural world. After planting seeds with children, they will learn the importance of taking care of plants while observing their growth. You can help your children learn about spring, plants and their life cycle.

[How to Grow a Carrot Top](#): This is a fabulous introduction to growing for children as it provides them with a basic form of responsibility to look after and help it grow.

You will need:

- Carrot top (2-3 cm from stem)
 - Shallow dish
 - 10 Cotton wool
 - Water
 - Sunny and protected spot
1. Simply add a layer of cotton balls to your small dish.
 2. Add a light dribble of water over the cotton balls so they are wet but not completely flooded with water.
 3. Press your carrot top into the wet cotton balls and place the dish in a sunny location. Be sure to check that the cotton balls remain wet throughout the growing period.
 4. It will take a few days for children to see the carrot top begin to grow, however, once it starts it will grow quite quickly when in the right conditions.



Growing Romaine Lettuce from Kitchen Scraps: Here is a simple, but extremely effective project to do with your children. The next time you make a salad, chop off the romaine lettuce core so that a couple inches remain, then you place it in water — and wait for it to grow.



Have a wonderful day.

Mrs. Natasha Slawik
Director of Childcare Services.