



## Kids like to help in the garden

- Dig
- Plant seeds and starts
- Water
- Harvest
- Pull weeds
- Make bouquets
- Hunt for bugs
- Sift compost
- Rake and sweep
- Read
- Draw
- Smell
- Feel
- Listen
- Press flowers



# Get Active in the Garden

# all begins with the sprinkler. This helps give kids their own space.

**Sprinkler** – One hand on head, the other stretched out and twist back and forth.

**Pick Carrots** – Squat, touch hands to ground and ‘pull carrot up’ as you stand.

**Pick Apples** – Reach up to the left and pick an apple, twist down to the right to put it in you bucket.

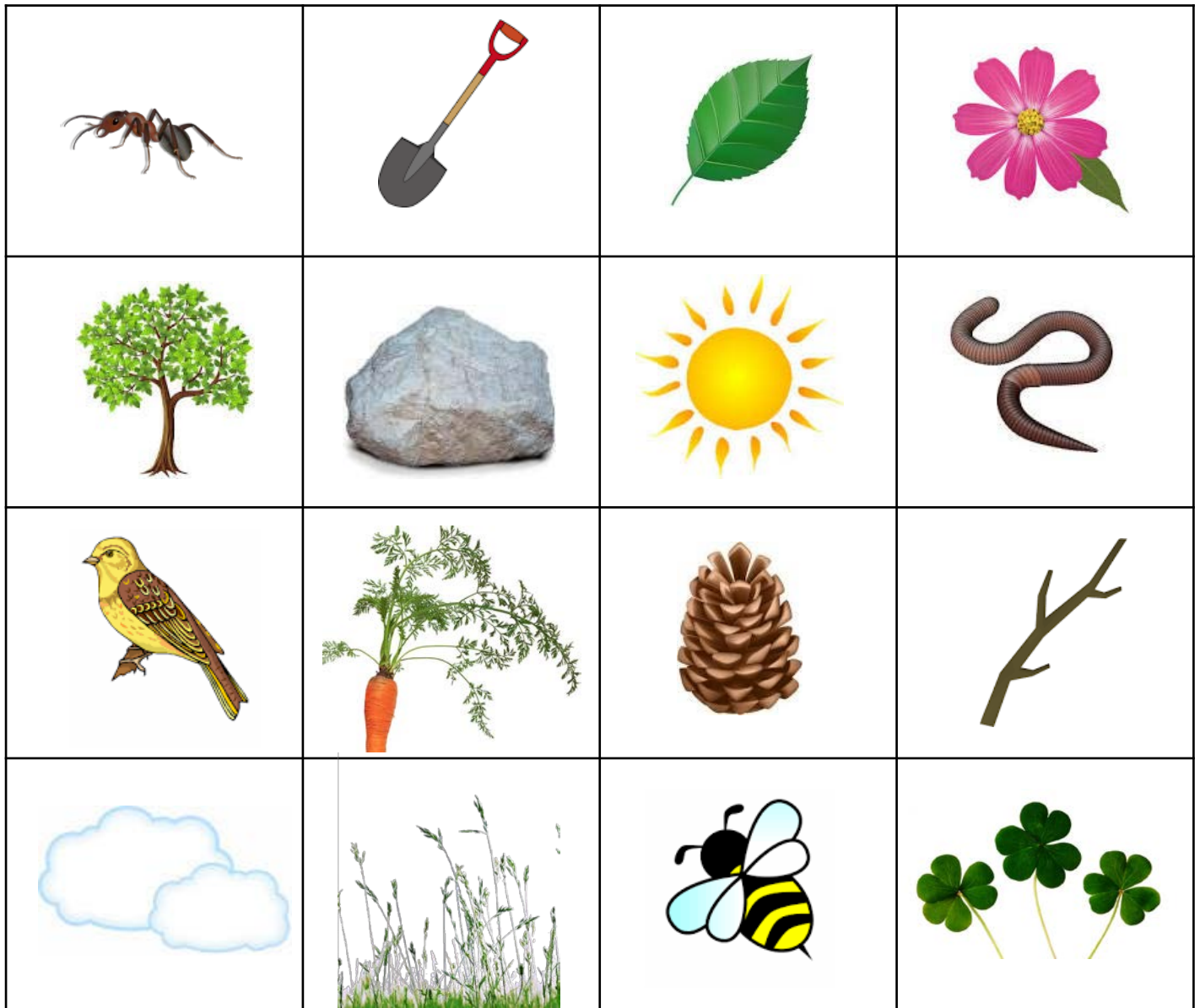
**Tall like a Tree Stretch**– Stand and extend arms high into the sky.

**Grow like a Plant** - Crouch low to the ground, slowly rise and spread your arms as you grow into a beautiful tomato plant.

**Spice up the Sprinkler** – Stand tall with hands above your head. Fold at the waist to bring your hands to your toes. Hold for 5 seconds and then rise back up.

Get creative and act out other activities you may do in the garden or outside!

# DIY Scavenger Hunt



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## [Sno-Isle.org](http://Sno-Isle.org) Garden Book List



Ask your librarian for help finding garden books.

Here are a few of the garden-related books we like:

- Lola Plants a Garden by Anna McQuinn
- Planting a Rainbow by Lois Ehlert
- The Tiny Seed by Eric Carle
- My Garden by Kevin Henkes
- Eating the Alphabet by Lois Ehlert
- The Vegetables We Eat by Gail Gibbons
- Plant the Tiny Seed by Christie Matheson
- Up in the Garden and Down in the Dirt by Kate Messner
- Garden Day by Candice Ransom
- The Thing About Bees by Shabazz Larkin

## Sensory Exploration

Explore the garden.

Ask students:

- What do you see?
- What do you smell?
- What do you hear?
- What do you feel?
- What would you like to taste?

Sensory explorations are particularly fun when you have a container or garden with herbs, colorful flowers, and veggies!

Encourage students pick an herb to add to their lunch or snack!

For a list of wonderful sensory plant ideas, check out:  
KidsGardening.org  
[Growing Guide for Sensory Plants](#)





## Alphabet Flower Garden

- Soak popsicle sticks in green liquid watercolor paint overnight or paint sticks green.
- Write one letter on the bottom of each stick.
- Glue picture of a flower or attach a flower sticker to the top of each stick.
- Fill pots with dry beans. No pots? Wrap empty cans with paper and make your own garden pots.
- Put flowers in pots at random, create one pot for each student with letters of their name, create a pot with flowers that spell words you are learning, etc.

Activity and picture from: [Buggyandbuddy.com](http://Buggyandbuddy.com)



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# Sorting Seeds

## Materials

- Bowl
- Seeds (*pumpkin, bean, pea, corn are larger seed options for little fingers*)
- Small gardening pots or any small cups

*Optional: tweezers, magnifying glass*

## Directions

1. Mix a variety of seeds in a bowl.
2. Have students use fingers or tweezers to sort seeds into small garden pots or cups.

Place numbers in front of each cup or pot and have students place the correct number of seeds into each container.

Have students sort seeds by size.

*Are the seeds round or flat?*

*Bumpy or smooth?*

*What color are the seeds?*

*How are the seeds similar?*

*How are the seeds different?*

*\* Set up on a rimmed baking sheet or shallow plastic storage bin to contain seeds that may try to roll away.*





## Bean in a Jar

### Materials

- Glass jar
- Sunflower, pea or green bean seeds
- Paper towel
- Water

### Directions

1. Have students fill jar with a few paper towels.
2. Add a small amount of water to dampen the paper towels.
3. Push seeds down into the paper but make sure they can still be seen.
4. Place jar by a sunny window.  
*Experiment and place a second jar in a darker space.*
5. Add water every few days, only to keep the paper towels damp.
6. Watch, draw pictures and track how the beans grow.

Activity from: Science-Sparks.com

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## How Water Travels in Plants

### Materials

- Celery (the leafy parts show the color the best)
- Jars
- Water
- Food Coloring

### Directions

- Place cut celery in jar with colored water. Record what you see.
- Leave the celery overnight, what does the celery look like after one day?
- The xylem of the plant suck up the water and the color moves through the plant.
- Look at a cross section of each celery piece and you'll see the colors in the capillaries.
- Celery stalks with more leaves will soak up more water – leaves need water too.

*This can also be done with white flowers*



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Activity and picture from: [CofeeCupsAndCrayons.com](http://CofeeCupsAndCrayons.com)

# Gardening With Kids: How to Start Seeds in Egg Cartons



## Materials

- 1 egg carton
- 1 sharpened pencil
- scissors or a sharp knife
- 4 cups of potting mix
- 1 cup of water
- Seeds

## Directions

1. Cut off the top of the egg carton and set aside.
2. Use a pencil to poke a hole at the bottom of every egg cell.
3. Put potting mix in a bucket or bowl and pour in the cup of water. Use your hands (or your kiddo's hands) to mix. You want your mixture to be moist, but not liquid mud. You may need to add more potting mix or more water depending on your mix and the size of your egg cartons. Just make sure the mix is wet, but not soaked.
4. Use a tablespoon or little fingers to fill 3/4 of each egg cell with the potting mixture.
5. Plant seeds according to seed packet instructions. Don't put more than three seeds into each cell. You can plant greens, herbs, peas, chives, etc.
6. Place egg carton on top of the egg carton cover that you cut off in Step 1. Now you have a drainage tray.
7. Cover your egg carton with plastic wrap, and place in a warm area. The plastic wrap will help keep the soil moist. The soil always needs to be moist, so when you notice it's losing moisture gently water it (I like using a spray bottle).
8. When seedlings start to pop up, make sure you have only one seedling per cell. Cut off the weaker seedlings in each cell. You don't have to remove the roots. Just cut them off where their stem meets the soil.
9. Move the egg carton to a sunny spot like a windowsill, and when seedlings grow their first "true leaves," replant them into larger containers.



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Activity and picture from Mothering.com

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# Soda Bottle Worm Farm/Composter



## Materials

- 2-liter soda bottle
- Plastic tray for drainage
- Shredded newspaper
- Grass, shredded leaves,
- Fruit or vegetable scraps
- ~12 worms (red wigglers) from a local gardening store or bait shop
- Scissors
- Black construction paper and tape

## Directions

1. **Carefully** cut off the top off a 2-liter bottle. Rinse the bottle and remove the label. **Carefully** pierce a few holes in the bottom of the bottle for drainage
  2. Create bedding:  
Shred black and white sheets of newspaper into 1-inch strips. Soak in water and squeeze out excess. Mix in pieces of leaves, grass, and soil.
  3. Fill the bottom portion of the bottle with bottle with the bedding. “Fluff” the bedding so it is not clumped together
  4. Add worms to the bottle. Wrap black paper over the bottle and cover the top with black paper. This will block the light but allow for you to take off the paper to watch the worms at work.
  5. Place a plastic tray under the bottle to collect excess water.
- Give the worms a few days to adjust to their new home. Have students cut fruit and vegetable scraps into thin slices. Bury the scraps at least 1 inch deep. **Never add meat or dairy.**
  - Worms eat fruit and vegetable scraps; bread and other grains; tea leaves; coffee grounds; and eggshells. Worms eat basically what humans eat, except they are much less picky!
  - Don't feed your worms: excessive citrus — no more than 1/5 of the total worm food; Meats or fish; Fats or excessively oily scraps; Cat or dog feces; Twigs and branches.
  - Sprinkle the surface with water every other day. You want your bedding to have the dampness of a wrung-out sponge.
  - The liquid that collects on the plastic tray is a nutritious ‘juice’ you can add to your garden!
  - When the worm population gets too high, some of the worms should be removed. Worms may be placed in a new farm or returned to the soil outdoors.
  - Add more cardboard, shredded newspaper, hay, or other fibrous material once a month, or as needed. Your worms will reduce everything in your bin quickly. You will start with a full bottle of compost or paper/cardboard, and soon it will be half full. This is the time to add fibrous material.
  - Don't feed your worms too much. If your bottle starts to smell, it could be because you are feeding your worms more than they can process.
  - Don't allow your worm bin to heat up past 90 degrees. You will cook your worms -- something no one should smell. Large amounts of green feeds (grass, alfalfa, etc.) heat up quickly and should be added lightly.





# Plastic Tub Worm Bin

Worms LOVE breads, cereals, grains, fruit, vegetables, coffee and tea bags.

## Materials

- Two 8-10 gallon plastic storage boxes (dark, not see through!)
- Drill (with 1/4" and 1/16" bits) for making drainage & ventilation holes
- Newspaper
- About one pound of redworms (red wigglers)

## Directions

1. Drill about twenty evenly spaced 1/4-inch holes in the bottom of **each bin**. These holes will provide drainage and allow the worms to crawl into the second bin when you are ready to harvest the castings.
2. Drill ventilation holes about 1 ½ inches apart on each side of the bin near the top using the 1/16-inch bit. Drill about 30 small holes in the top of **one** of the lids.
3. Prepare bedding for the worms by shredding newspaper into 1-inch strips. Moisten the newspaper by soaking it in water and then squeezing out the excess water. Cover the bottom of one bin with 3-4 inches of moist newspaper, fluffed up. If you have any old leaves, they can be added also. Throw in a handful of dirt.
4. Add your worms to the bedding.
5. Cut a piece of cardboard to fit over the bedding and get it wet. Then cover the bedding with the cardboard.
6. Secure the lid with holes onto the bin with bedding. Set the bin with bedding inside the empty bin and place the bins on top of the remaining container lid. This lid will serve as a tray to catch any moisture that may drain from the bin. This “worm tea” is a great liquid fertilizer.
7. Place your worm bin in a well-ventilated area such as a garage or outside in the shade.
8. Feed your worms slowly at first. As the worms multiply, you can begin to add more food. Gently bury the food in a different section of the bin each week, under the cardboard. The worms will follow the food scraps around the bin. Burying the food scraps will help to keep fruit flies away.



When the first bin is full and there are no recognizable food scraps, place new bedding material in the second bin and place the bin directly on the compost surface of the first bin. Bury your food scraps to the bedding of the second bin. In one to two months, most of the worms will have moved to the second bin in search of food. Now the first bin will contain (almost) worm free vermicompost.

Worms DON'T LOVE meat, dairy, fats, oils, feces.



Problem	Probable Cause	Solution
Worms are dying or trying to escape	Too wet Too dry Bedding is used up	Add more bedding Moisten bedding Harvest your bin
Bin Stinks!!	Not enough air Too much food Too wet	Drill more holes Do not feed for 1-2 weeks Add more bedding
Fruit Flies ☹️	Exposed Food	Bury food in bedding

