

Volume 1 |
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Autumn
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Sweetpea Grow & Play

Plant-along activity book



Hello little gardeners! 🍁



Welcome to the first edition of Sweetpea Grow & Play's Plant-along Activity Book!

Autumn is here, and the world around us is changing. Leaves are crunching under our boots, nights are getting darker earlier, and the air smells fresh and earthy. It's the perfect time to slow down, notice the magic of the season, and get stuck into some fun outdoor learning!

In these pages you'll find activities to try in the garden, at home, and in the classroom - each one helping us learn about the world through planting, harvesting, counting, storytelling, and creating. Let's dive into it, and see what autumn has in store for us!

🍂 September - Seeds, Spirals & New Beginnings

September is the month of fresh starts. The holidays are over, children head back to school, and the garden begins to slow after summer's rush. The air turns crisp, apples fall from the trees, and it's the perfect time to tuck seeds into soil for next year's flowers. In many communities, Harvest Festival is celebrated - a time to be thankful for the food we grow and share.

Gardening Tip 🌱

Sweetpeas are best sown in early Autumn. Use recycled milk bottles as containers: cut them in half, fill the bottom with compost, plant your sweetpea seeds, and pop the top back on as a lid to keep warmth and moisture in.

Once the seedlings are 4 inches tall, remove the lid and transplant to the garden.

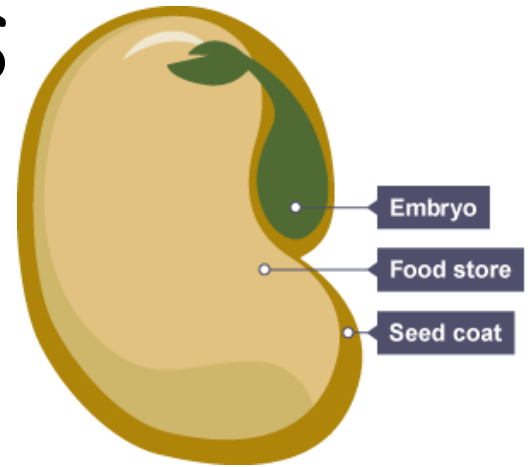
💡 Remember, Sweetpeas are climbers, so provide some structure for them to thrive eg. bamboo canes, a wigwam or a trellis.



Activities

Science – Inside a Seed:

Carefully split open a sweetpea or bean seed. Spot the tiny “baby plant” inside and talk about how the seed has its own food store to help it grow at the very beginning.



Maths – Spirals in Nature:

Explore how a Sweetpea stem curls into a spiral!

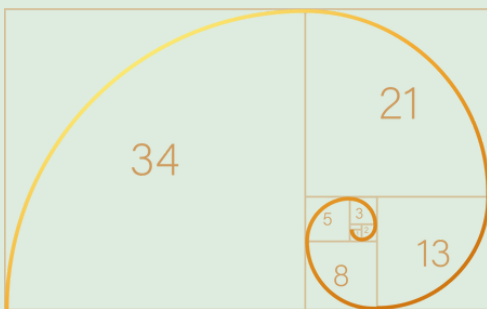
Younger children: Count how many turns it makes, pretend to be a spiral, moving up and around in circles

Older children: explore the Fibonacci sequence - a magical pattern also found in shells and sunflowers

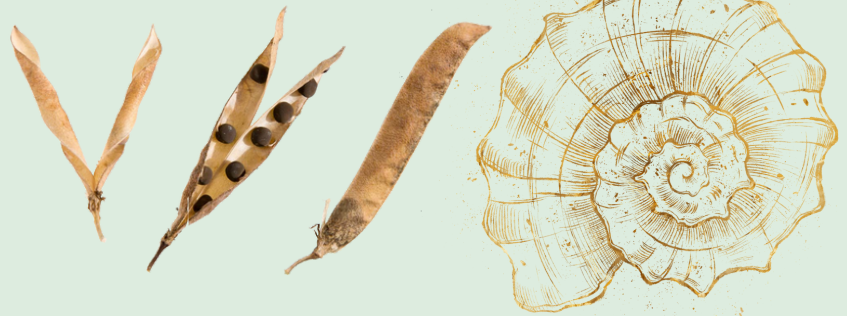
The Fibonacci sequence is a famous series of numbers with a pattern. The pattern is that every number is added to the one before it. Here's the first few parts of the sequence:

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89

As you can see, $1 + 1 = 2$, $2 + 1 = 3$, $3 + 2 = 5$ and so on. It's a really simple progression and can go on forever. What's impressive about this sequence is that you get a spiral if you turn those numbers into boxes.



bbc.co.uk/bitesize/articles/zm3rdnb



English – The Seed's Adventure:

Imagine you are a seed.

Think about being tucked into soil, rained on, warmed by the sun, and finally pushing up into the light.

What do you see?

What do you feel?

Younger children: Pretend to be the seed, acting out your journey

Older children: Write or draw a story about your adventure



Art/DT – Milk Bottle Planters:

Decorate your recycled milk bottle planters with paints and natural materials before sowing your seeds.



October - Harvest & Celebrate

October brings shorter days, chilly mornings, and golden leaves tumbling from the trees. It's also a month of celebration - from Harvest Festival and Halloween to Diwali the festival of light. Pumpkins ripen in the fields, and their glowing lanterns brighten the darker evenings

Gardening Tip 🌱

Pumpkins are ready to harvest when their skins are tough and they sound hollow when tapped. Cut them from the vine with a long stem attached, then store them somewhere cool and dry.

Our favourite pumpkin picks -grown at Sweetpea Grow & Play-



Goosebumps

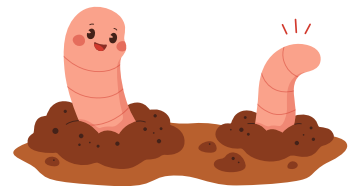


Why not grow your own pumpkin next year? - get a head start on your planning and build a no-dig bed today!

No
DIG!

means not ploughing, digging or turning over your soil. Instead, we build up the surface with layers of organic matter - compost, leaves and mulch

Which protects the underground microorganisms - bacteria and fungi - and the natural drainage channels made by worms, keeping our soil alive and healthy!



- 1) Lay down some cardboard on the ground (this keeps weeds away)
- 2) Sprinkle a thick layer of compost and old leaves on top
- 3) Plant seeds straight into this soft bed!