

# Sitka Sprouts

# Activity Packet

## Theme: Seed to Sprout

### Recommended Books:

- Living Sunlight: How Plants Bring the Earth to Life - Molly Bang (**at Sitka Public Library**)
- Hungry Plants – Mary Batten (**at Sitka Public Library**)
- The Curious Garden – Peter Brown (**at Sitka Public Library**)
- Ten Seeds – Ruth Brown (**at Sitka Public Library**)
- The Tiny Seed – Eric Carle (**at Sitka Public Library**)
- Poppy & Sam the Leaf Thief – Cathon (**at Sitka Public Library**)
- Jack’s Garden – Henry Cole
- Planting a Rainbow – Lois Ehlert (**at Sitka Public Library**)
- Plants! – Nick Forshaw
- Planting the Wild Garden – Kathryn Osebold Galbrath (**at Sitka Public Library**)
- From Seed to Plant – Gail Gibbons (**at Sitka Public Library**)
- Plants – Andrew Haslam
- My Garden – Kevin Henkes (**at Sitka Public Library**)
- Plants Can’t Sit Still – Rebecca Hirsch (**at Sitka Public Library**)
- The Magic School Bus Plants Seeds: A book about how living things grow – Patricia Relf (**at Sitka Public Library**)
- Saving Seeds – Marc Rogers (**at Sitka Public Library – eBook**)
- Bloom Bloom! – April Pully Sayre (**at Sitka Public Library**)
- Seeds and Trees – Brandon Walden (**at Sitka Public Library**)



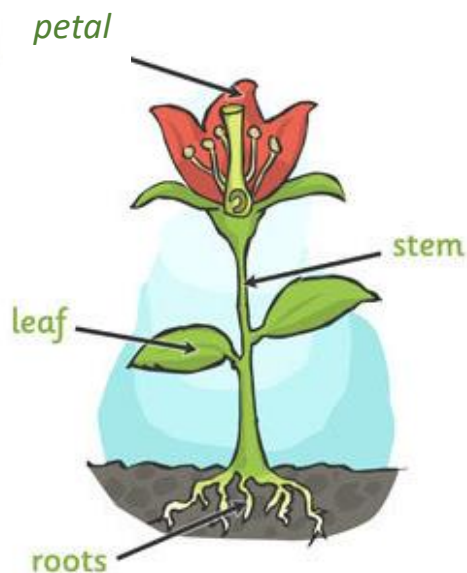
# Flower Dissection

## Materials Needed:

- Tweezers (optional - you can use your hands instead, but tweezers are great for fine motor skill development!)
- Paper
- Tape
- Marker, pencil or crayon for labeling
- Flower
- Magnifying glass (optional)

## Instructions:

1. Use tweezers (or your hands) to take apart a flower and find these parts:
  - a. **Petal** – often brightly colored to attract insects.
  - b. **Stem** - transports water and nutrients from the soil to the rest of the plant. The stem supports the leaves and flowers allowing them to be raised above the ground to be in the light.
  - c. **Leaf** – uses energy from sunlight to photosynthesize creating oxygen and sugars for the plant to use as energy.
  - d. **Root** – carries water and nutrients from the soil to the plant and keeps it anchored in the ground.
2. Tape the parts to a piece of paper and label them.



# Sprout Sponge

## Materials Needed:

- Sponge/sponges
- Plate or surface for placing your sprout sponge
- Tweezers (optional - you can use your hands instead, but tweezers are great for fine motor skill development)
- Ruler (optional)
- Seeds (any kind)

## Instructions:

1. Dip sponge in water and ring out so it is moist, but not dripping water.
2. Place sponge on a plate.
3. Using tweezers, place seeds in the small holes in the sponge, with  $\frac{1}{2}$  -1 inch between seeds (use ruler to measure or just eyeball).
4. Place the plate with your sprout sponge in an area exposed to sun.
5. Check sponge daily, it must stay constantly moist.
6. If sponge starts to dry out, add a small amount of water.
7. Watch your sprouts grow!



# Observing a Bulb OR Seeds

## **Materials Needed:**

- Jar, cup, tin can, or small flowerpot (clear jar or cup works best so you can observe growth of both roots and sprouts)
- Rocks, pebbles, or dirt
- Bulb OR seeds
- “Observing a Bulb” recording sheet (see other attachment)

## **Instructions:**

1. Fill your container (jar, pot, cup, or tin) with rocks and pebbles for bulbs OR dirt for seeds.
2. Place a bulb on top of the rocks/pebbles OR seeds just below the surface of your dirt.
3. If planting a bulb, fill container with water so the very base of the bulb will touch the water (see photos below).
4. If planting seeds, add a little bit of water to your container once a day.
5. Draw a picture of your bulb or seed each week to record its growth using the “Observing a Bulb” recording sheet!



# Flower Print

## **Materials Needed:**

- Flower
- Paint
- Plate (for pouring paint)
- Paper

## **Instructions:**

1. Choose a flower to make a print of.
2. Pour a small amount of paint onto a plate.
3. Dip the flower in the paint so that the petals are fully covered.
4. Gently press the flower against a piece of paper.
5. Wash your flowers off in water and continue to reuse to make more prints!

