

Lesson Plan Outline:

Title:

Growing Your Own Sunflower

Purpose of Activity

Students will learn how to grow their own sunflower from seed to plant.

Materials needed:

Pictures of sunflowers

Sunflower seed

Soil mix

Water

Small paper or plastic cup

Pencil or marker

Time/Duration:

15 - 30 minutes

Describe specifically what the teacher should do and what the students should do?

Begin by asking students/kids if they have ever seen a sunflower or eaten a sunflower seed.

Show the students/kids what a sunflower looks like. Give a brief explanation of what sunflowers are (vocab definition below). Explain that sunflowers can grow up between 3 to 15 feet tall.

Introduction of Activity:

Ask students if they have ever grown anything on their windowsill or in a garden.

Show students what materials they will be using and demonstrate how to plant a sunflower before giving them materials. While demonstrating tell students/kids that the seed will grow into a seedling with water, sunlight, and 10 to 14 days' time. Tell students that after the plants

begin to grow, they will someday need more room to get bigger, similar to how they need new shoes or clothing as they get older.

Body of Activity:

Gather your materials. Next, fill cups with soil mix an inch to half inch from the brim. Use your hand to make a small hole in the soil about an inch to a half inch deep. Place the seed in the hole and cover it with soil. Place in a warm area that has plenty of sunlight—Give your seed a tablespoon of water every day. Once your plant is 3" to 5" tall it is ready to be transplanted into a garden, larger pot or a place outside with good soil that receives lots of light.

Closure of Activity/Processing Questions (What questions will you ask to discern what the students learned from the lesson? How will you conclude the lesson?)