

Session 29

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Session Title	Little Gardeners - Growing with Nature
Objective	<ul style="list-style-type: none">• Introduce the basic steps of gardening.• Help children understand what plants need to grow.• Encourage love for nature, patience, responsibility, and teamwork.
Topics/Concept	<ul style="list-style-type: none">• Parts of a plant: root, stem, leaf, flower• Needs of a plant: sunlight, water, soil, care• Life cycle of a plant: seed → sprout → plant → flower/fruit
Material Required	<ul style="list-style-type: none">• Small pots/plots or garden bed• Seeds (sunflower, green gram, beans, coriander, etc.)• Soil and trowels/spoons (or hands)• Watering cans/cups• A real plant for demonstration• A simple illustrated storybook (or printed pictures)

Methodology

- Experiential and discovery-based learning
- Hands-on planting
- Storytelling and repetition
- Observation and care

Session Plan 90 Mint

Intro Activity

1. Warm-Up: Welcome to the World of Plants! (15 minutes)

Objective:

Introduce the idea of how plants grow and what they need.

Steps:

Begin with:

“Today, we’re going to be Little Gardeners! Who has seen a plant grow?”

Ask:

“Have you seen a seed before?”

“What helps plants grow?” → Expected answers water, sunlight, soil

Show a real plant and name its parts:

Root - grows under the soil

Stem - holds the plant up

Leaf - makes food for the plant

Flower - makes the plant beautiful

Example: Show a money plant or a small flowering plant and gently point to its parts.

Main Topic/ Activity

2. Main Activity 1: Let's Plant a Seed! (25 minutes)

Objective:

Let children plant their own seeds and feel the joy of gardening.

Steps:

Provide a small pot or a patch of soil for each child.

Demonstrate:

- 1. Dig a little hole with fingers.**
- 2. Drop one seed in (e.g., green gram).**
- 3. Cover it with soil.**
- 4. Water it gently using a cup or watering can.**

Encouragement Line:

"You're planting life! With your care, it will grow into something beautiful."

3. Storytime: The Seed's Journey (15 minutes)

Objective:

Build imagination and reinforce the plant growth process.

Steps:

Tell this short story:

"Once upon a time, there was a tiny seed. It was sleeping under the soil. One day, the sunlight tickled it, and the rain gave it water. Slowly, the seed grew roots, then a small green sprout. It

stretched, and soon, it became a tall plant with beautiful flowers!”

Ask: - “What do you think your seed will become?”

“What helped the seed grow?”

4. Observation & Care: Let’s Be Garden Friends! (20 minutes)

Objective:

Teach care and patience by observing and watering the planted seeds.

Steps:

Help children gently water their planted seeds again.

Show them how to check the soil’s moisture:

“If the soil feels dry, it needs water.”

Talk about:

Sunlight → “Put your pot near the window or outside.”

Daily care → “Check on your plant every day!”

5. Wrap-Up: A Gardener’s Pledge (10 minutes)

Steps:

Ask:

“What will you do to help your seed grow?”

Let them repeat:

> “I promise to water my seed,

Give it sunlight,

And check on it every day!”

Congratulate them:

> “You’re all wonderful little gardeners!”

Expected Learning Outcomes

Knowledge Building:

Children will understand the basic process of plant growth.

They will learn the importance of sunlight, water, and soil.

Skill Building:

Hands-on planting and care

Observation and patience

Speaking and expressing thoughts (during story and pledge)

Responsibility and connection with nature

Revision #1

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