

Presents

NATURE PLAY

DIY Guides to the popular Starting Out Wild and Growing Up Wild Programs

BLOOMIN' BLOSSOMS

Lesson Plan

1. Gather – Hello Song
2. Read – Springtime Flowers
3. Learn – Flowering Plant Anatomy
4. Sing – “The Parts of a Flower”
5. Move – Be A Flower!
6. Walk – Walk around outside, play eye-spy. Count what you see.
7. Create – Flower Art
8. Snack – Look at the foods in your kitchen—which ones came from flowers?
9. End – Goodbye Song

PREPARATION

Find nearby flowers to conduct this activity. If you are not around any flowering plants, start off with the craft and use the flower art to talk about flowers.

If you are outside, take time to make sure the area is safe, check for poisonous plants or wildlife that you might want to keep your distance from.

MATERIALS NEEDED

- Colored paper, torn into pieces
- Plain paper
- Colored pencils or markers (optional)

SNACK

Gather the supplies to eat a snack before engaging in this activity so they are ready when you get to them. Plan to talk about how some foods come from flowers.

Snack Ingredients

- Fruits of choice
- Spinach
- Celery

TARGETS

- Flowers grow from seeds. Flowers have stems to hold them up, leaves to make energy and food, and petals to attract insects and birds.
- Flowers need earth and sun and water to grow.

VOCABULARY WORDS

Roots

slurp up food and water
like a sponge
Make “slurping” sounds

Stem

carries food and water
to the whole flower
Make “whoosh” sounds

Leaves

make energy
Make “chug chug”
sounds like a train

Blossom

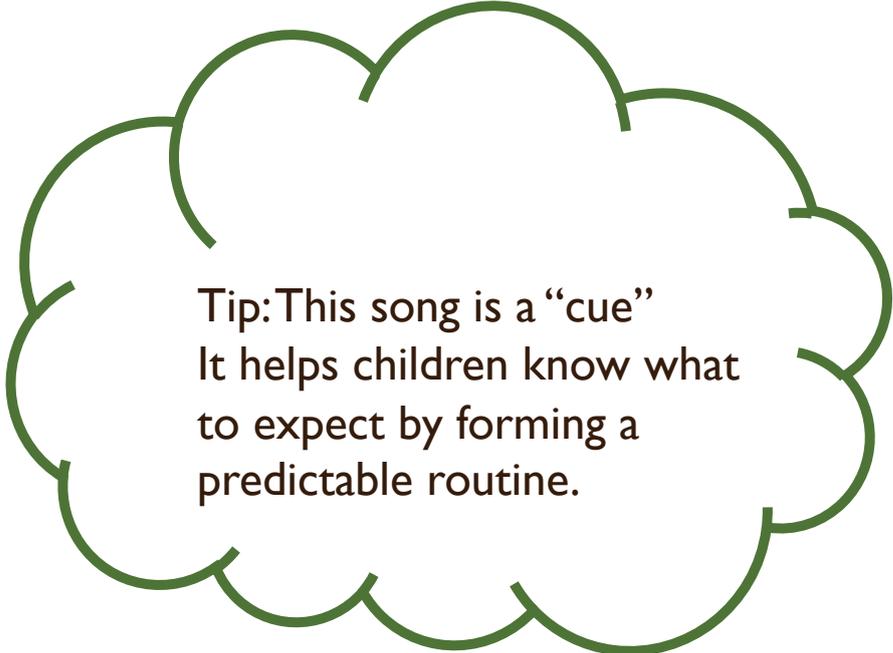
makes seeds
Make a “rock baby”
motion with your arms



HELLO SONG!

Sing to the tune of "Goodnight Ladies"

Hello children
I see you
I'm very happy
To see you
Greet your neighbor
Boogie on down
Give a clap and
Turn around.



Tip: This song is a "cue"
It helps children know what
to expect by forming a
predictable routine.



READ

SPRINGTIME FLOWERS

Poem

Tip: use gestures to get your child involved

(fingers pointing up at floor level)

**Out in the garden, early in the springtime,
See the little sunflowers standing in a row.**

(pour from watering can)

**See the happy farmer giving them some water,
Slurp, slurp, slurp, slurp, weed and hoe!**

(fingers up and reaching high)

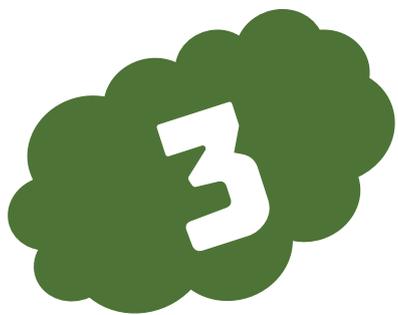
**Out in the garden, later in the summer,
See the giant sunflowers standing in a row.**

(pretend to squirt with hose)

**See the happy farmer giving them some water,
Slurp, slurp, slurp, slurp, watch them grow!**

CASEY CACTUS

I'm a little cactus –pads green and flat
My pads are my stems, just think of that!
My spines are my leaves—I think they're cute.
My flowers are yellow and my tunas are the
fruit!



LEARN

THE PARTS OF FLOWERS

Flowers come in different shapes and colors and sizes

Flowers...

- Have **stems** to hold them up
- Have **leaves** to make energy
- Have **roots** that bring food
- Have **petals** to attract insects and birds
- Make **seeds** for new plants to grow

Facts

Flowers do many things to help us:

- Many plants have flowers—grass and trees and cacti have flowers, too.
- Many foods come from flowers, most fruits and many vegetables
- Flowers need soil, sun, and water to grow



SING

Sing to: "The Farmer in the Dell"

(Stamp feet on floor.)

The flower has some roots, the flower
has some roots.

The roots will carry food and drink, the
flower has some roots

(Stand up tall)

The flower has a stem, the flower has a
stem.

The stem will make it stand up tall, the
flower has a stem.

(Hands at shoulders.)

The flower has some leaves, the flower
has some leaves.

The leaves will catch the rain and sun,
the flower has some leaves.

(Hands around face.)

The flower has some petals, the flower
has some petals.

The petals call the birds and bees, the
flower has some petals.



MOVE

BE A FLOWER!

Stems (stand tall)

and leaves (elbows out)

And petals too, (flutter fingers around face)

All the flowers, red, yellow, blue! (pat three times across)

Tip: Act out the movement cues as you read the sentence



WALK

SEARCH FOR FLOWERS

- Find flowers around your house; don't forget to look for flowers on trees, grass and cacti too.
- Use all the senses to experience the parts, similarities and differences in flowering plants.
- Look for insects that might be using the flowers, look for signs of being eaten.
- Talk about what you are seeing

I SPY

Play a game of I spy and spy different parts of the flower. See if your child can recall the vocabulary they just learned.

“I spy, with my little eye, something _____”

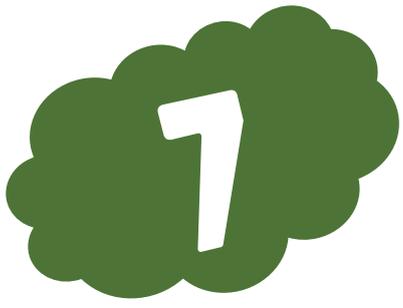
Some suggestions:

- *“I spy, with my little eye, something rough”*
- *something pink*
- *something small*

COUNT

As you look at the parts of the flower, count out what you see

- How many petals does it have?
- How many leaves?
- How many flowers are there?



CREATE

CRAFT

1. Find some paper and draw a line
2. Get torn pieces of colored paper (you can use discarded mail!) or get markers for drawing
3. Ask your child to create a flower by placing torn paper where leaves and flower petals should go, or by drawing them.
4. Talk about the parts of the flower as you are decorating it

NATURE ART

1. Make a stem by placing a stick on the ground
2. Invite your child to help you find items in nature to make petals and leaves, then arrange them around the stick to create a flower.

Tip: Don't stress about getting it "right" the process of creating is the most important step.

Getting your child to talk about what they are doing as they create is the key.



SNACK

Tip: Invite them to help you arrange the flowers on the plate. Talk about the parts of the flower as you put down leaves, stem, and petals.

FRUIT FLOWERS

1. Pick any fruits available that your child will eat
2. Grab some spinach leaves or celery to make a flower stem
3. Cut up the fruit into small pieces and arrange around a small piece of celery or spinach leaves to look like a flower
4. Enjoy!

Tip: While eating the snack, ask your child about what you just saw. What is their favorite flower? How do you know?

PICNIC TALK

Look at the foods in your kitchen—which ones came from trees?

Came from Flowers:

All fruits come from flowers!

Cauliflower

Broccoli

Peas

Corn

Carrots (are the roots of flowering plants)

Not from Flowers:

Eggs

Milk

Cheese

Edible flowers:

Dandelion

Lavender

Yucca



GOODBYE SONG!

Sing to the tune of "Goodnight Ladies"

(wave to everyone while singing)

Goodbye, my friends (x3)

It's time to say goodbye

(blow pretend kisses at each other)

Blow kisses, my friends (x3)

It's time to say goodbye!

(stand up and bow to each other)

Bow to my friends (x3)

It's time to say goodbye!

Good bye!!!

Tip: This song is a "cue"
It helps children know what to expect
by forming a predictable routine.